

Hall
CONSUMPTION

A CURABLE DISEASE,

ILLUSTRATED IN THE TREATMENT OF

ONE HUNDRED AND FIFTY CASES:

BY DR. HALL, OF NEW ORLEANS.

"It is adverse to the interests of Humanity to consider any disease incurable."

SIR CHARLES SCUDAMORE.

"Consumption is clearly Scrofula, and admits of only one mode of cure."

JOHN HUNTER.

"I have no doubt but that there is a specific for Consumption."

DR. STOKES.

"Its perfect cure is demonstrable."

Dr. CARSWELL.

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P R E F A C E .

THE design of the following pages is to encourage such as have Consumption, or are threatened with it, to use in time those means which have saved others, and may save them.

The Author, both before and since visiting Europe, for professional purposes, has met with the most gratifying success, and hopes to place within the reach of many whom he may never see, the means of cure.

Difficult terms are avoided, that the most common reader may easily comprehend all that is important to be understood.

JULY 1st, 1845.



CONSUMPTION A CURABLE DISEASE.

WHAT IS CONSUMPTION?

CONSUMPTION, commonly called a "Decline," and by Physicians "Pnthisis," is a gradual wasting away of the lungs, by which they become disorganized or rotten, and are spit out of the mouth in the shape of yellow matter, which usually sinks in water, and in three cases out of four, is, or has been, more or less tinged with blood at various intervals.

WHAT ARE THE LUNGS?

THEY are to man, what the "lights" are to animals; are made in the same way, and look like them, hanging in both sides of the breast, and reaching down as far as the sixth rib. They are divided into five bunches, called lobes, three of which are in the right, and two in the left side. They may be compared to many thousands of small bladders, called air cells, united in one great neck, the wind pipe. They have their root at the back-bone, between the shoulder blades, and from that, they stick out forwards; not entirely unlike the extended wings of a bird. These little air cells have exceeding thin sides; and are of all sizes, from the twentieth down to the hundredth part of an inch in diameter. They are filled with air at every breath we draw in; and are comparatively emptied at every outbreathing. And this is their employment, unceasingly, from the first cry of infancy, till the last effort of expiring nature. The foundation for consumption is not unfrequently laid by the sides of these air-cells thickening and sticking, or even growing together from the want of full breathing enough to keep them apart, or from high mucous excitement, produced by a cold, or other causes.

It is a part of the treatment to remove this condition of the parts in an agreeable manner, beautifully rational, and unknown until recently.

WHAT CAUSES THE LUNGS TO CONSUME?

Tubercles form on around and among the air cells, which constitute the lungs, ripen, rot, and eat them away.

WHAT ARE TUBERCLES?

THEY are small rounded masses, which, as they enlarge, often acquire the form of a tuberous root, such as the potatoe, garlic, tulip, &c. and hence called Tubercle. A single tubercle is a small, clear, shining, grey substance, dotted about among the lungs, usually roundish, but of all shapes; and in size from a pea, down to invisibility. In the course of time, it begins to ripen, by a little yellow spot appearing, usually in the centre, and gradually widens to the edges. The tubercle now softens, spreads, meets its neighbor tubercle half way; these join, and meet others which have joined, and all soften down into one yellow mass together; this is spit up by degrees, and the place it occupied is empty, and is called a cavity, excavation, not unlike that made by mice in cheese; small, if it holds a hazle-nut; large, if it hold a wal-nut; and very large, when a goose-egg may lay in it. Tubercles ripen at different times, as apples on a tree; and this is the reason that consumptive persons have such frequent changes in their feelings; well to day, or this week, and ill the next. In process of time, other excavations are made, and communicate with older ones; and in this way, the lungs are burrowed out to a mere shell; the man speaks in a sepulchral, grave like voice, that makes one shudder to hear it, and soon there are not lungs enough left to live upon, to keep him warm; and the fire of life goes out—forever.

WHAT CAUSES TUBERCLES?

SOME persons are born with them. Weak, sickly parents, those who are dyspeptic, drunken, effeminate, *diseased*, who marry too young, almost always send tuberculous children into the world; and leave them the woful heritage of a constitution blasted at the root. But even in cases of this kind, I can cause children to grow out of it, without medicine; and in persons more advanced, I have permanently arrested the malady.

When persons are not born consumptive, they may become so, in many ways; for whatever impairs the general health is capable of producing tubercles in a few weeks, by impoverishing the blood. Whatever can impoverish the blood can cause consumption; and whatever enriches the blood, arrests and cures it.

The causes which more commonly operate in effecting this gradual and almost imperceptible undermining of the

health, are, Insufficient or bad food: scanty clothing: living in cellars or other damp situations: injudicious use of calomel, quinine, or intoxicating drinks: protracted fever and ague: suppressions: profuse discharges, long continued: grief, disappointments, worldly care: intense and extended mental effort: neglected colds and coughs: frequent resort to medicine for slight ailments: costiveness alone, or alternating with loose bowels: breathing impure air, or the heated atmosphere of factories, engine rooms, printing offices: frequent and sudden changes from heat to cold, or from a cold to a hot temperature, such as Pilots, Engineers, and Clergymen are subject to: these and many others, by gradually undermining the health, lay the foundation for that truly dreadful disease.

HOW ARE TUBERCLES PRODUCED?

ON the sides of the air cells, already spoken of, many little blood vessels spread themselves about in every direction, as a vine spreads itself on the side of a wall; through these all the blood of the body passes many times a day, if there is nothing to hinder it in its progress and choke them up. When that is the case, the extremely thin sides of these blood bearing vessels may yield a little, but the clogging still going on, the thinnest part of the blood is pressed through its pores, or there is a vitiated secretion, which stands there, in the shape of a small, clear drop, with, possibly, the slightest tinge of red; this soon enlarges, hardens, and is a young tubercle, and this it is, which causes the dry, hacking cough in consumption, seeming to come on of itself, yet gives a timely and friendly warning; but gives it, most frequently, in vain. If the means employed by me were used now, they would take these tubercles away, and effectually prevent spitting of matter, night sweats, and emaciation, from ever coming on; the proof of this is, that in due time, the cough would become easier, and at length disappear.

It is only in the lungs that tubercles exist alone; but if they are in any other part of the body, it is absolutely certain that they are in the lungs also, after the age of fifteen.

Tubercles, Scrofula, Struma and Consumption, are one and the same disease, differing only in the locality of tubercle.

WHAT CAUSES THE SMALL BLOOD VESSELS ON THE SIDES OF THE AIR CELLS TO BECOME CONGESTED IN THE MANNER DESCRIBED?

THE surface of the lungs exposed to the action of the air at every breath, is estimated to be equal to two thousand times the surface of the body, and would cover a wall as high as the head, and twenty-five feet long; being a surface of more than twenty thousand square inches.

A healthy young man aged eighteen, will, on an average, take in six pints of air at every breath. The air goes into the lungs pure and sweet; but, as all know, comes out so impure as to disgust, and so poisonous, that some have said if it could be instantly breathed in again, unmixed with the pure air around, it would produce suffocation and death on the spot. But the wise and kind Author of our being, more mindful of us than we are of ourselves, has so arranged it, that this poisonous breath is so light, that on leaving the nostrils, it rises immediately above us—as all can see of a clear, cold, frosty morning—passes into the clouds, is scattered to the four winds, purified and sent back to earth, to give us life again.

But while the air is drawn into the air cells of the lungs, so pure, and leaves them so impure, there is another process going on, precisely opposite. The heart at every beat, drives the blood out of itself, into the small vessels, which are spread out on the sides of the air cells of the lungs; but this blood is thick, sluggish, black and impure; having just returned from a circuit through the body, washing it out, and has come back to the lungs to get clear of the filth which it gathered up; it however passes immediately on and out of the lungs, going in at one door and coming out of the other, into another part of the heart. But although it made that flying visit, not stopping an instant, it has changed its character altogether; it is now bright, red, light, sparkling, life-like, and life-giving, and at the beat of the heart, is driven with electric speed, to the remotest part of the body, depositing every where in its progress, renovation, and health, and life. The lungs then are a market place, an exchange, where the rich pure air, and the poor life-lost blood, meet. The air gives its life to the blood, and in exchange, the blood gives back its death. Now if there be too much blood, or too little air—or the air be not pure enough—the exchange will not be equal—will not be perfect; the blood will move

slower, become thicker and clog up, pressing itself through the pores in the sides of the little stretched vessels, and the hateful tubercle is thus, or by vitiated secretion, brought to birth. I prevent all this.

Tubercles, then, are produced in two ways, by a deficiency of pure air, for a length of time, or by a sluggish circulation of the blood. If then we live in an impure air long enough, tubercles are produced. Have you never read of persons having consumption, who lived in warm rooms, factories, and the like?

But let the air be ever so pure, if we do not get enough of it, tubercles are produced; we do not get enough, if we breathe too short or too seldom. People who lace tight, breathe short. Do such persons ever die of consumption? What causes a person to breathe seldom? for that also produces tubercles and death. Persons who sit too much, stooping, the back bent out, and the breast bent in; or such as lean their side habitually against a table, or the like—such persons breathe seldom; so much so, that they would soon die, but nature, like a watchful parent, rouses us up, and we stretch and take a full long breath, which sends a pleasant feeling all over us. Did you ever know shoe-makers die of consumption? or poor, but excellent young women? who to make an honorable living, perhaps for a feeble, helpless parent, tottering on the grave's brink—bend over the needle, nearly double sometimes, in their forgetfulness, and the clear blue sky and beautiful sun-light, and all nature smiling and glad without, every body and every thing glad, but they are not, for they have not time to enjoy, but sit and toil on; and dreary winter comes with its long, dark, cheerless nights; the sleet clicks upon the window; and the heavy wind moans mournfully in the streets, or whirrs through the cracks of the old crazy building, which fairly creaks again; but a mother is there, and they are working for her; and work on, and disease approaches; and for a while they suffer on, age and disease together, till at last and together, the parent and the child sink into the grave, side by side, in the last long sleep of death. The remedies proposed, forcibly prevent such an unfavorable position of the body, without bands or cords of any kind, except those of nature's own make. And here, as in her other operations, she governs so gently, and her rule is so pleasant, that we are aware of no constraint.

But this sluggish motion of the blood in these small vessels around the sides of the air cells, is brought on in another

way. We breathe seldom, when we exercise but little, or become low spirited, from any cause whatever; from care, or losses, or disappointment in our calculations, whether they have been reasonable or not; from the unkindness of kindred; the ingratitude of those whom we have benefited; or from the infidelity of those who used to love us, and we them; or the unavailing thoughts of past prosperity, with its flowers and its sunshine—these are the things which produce the infrequent long drawn breath, the deep and heavy sigh, and sow the seeds of certain death: are not these the people, who pass off with that slow and stealthy paced disease? It is the slow circulation which these feelings produce, that is the immediate cause of tubercles, and not the feelings themselves. For those who are blue to-day, but the brighter for it to-morrow, do not die of consumption. As they can give advice best, who are farthest from needing it, I will not offer violence to the already wounded heart, and bowed spirit, by saying that it is not worth while to grieve for the past, and that others are worse off than they, although it is a fact; and that the best possible thing to be done, is to forget the past, be busy, look upward and ahead, although nothing is more true—for it is almost as difficult to get clear of such feelings, as to get well of consumption, unless properly treated. And those who can advise so well, when they come to sorrow's hour themselves, will feel it so. To sum all up, long continued ill health, is the great immediate cause of Tubercular Consumption; and whatever causes that protracted weak state of health, causes consumption. Such however is the weakness of humanity, that naming the method to prevent disease, does the least possible good; we wake not till the giant is upon us.

When enough fresh air does not get into the lungs—or when from weak health, they work in a sluggish manner—or when from other causes, a thickish, sticky coat collects, is secreted on the inside of the air cells, they not being distended, by full breathing, are at length brought into contact, are inclined to be glued together, and we have difficult breathing; most consumptive persons have this. It is the part of some of the means used to prevent this, to wash out these half filled and sticky air cells, and thus relieve the lungs of this intruding and disagreeable tough matter, affording a grateful relief to the patient, as it causes in a short time, a freer and more copious expectoration, until the accumulation is removed, when the expectoration ceases altogether.

Such is the best theory of Consumption I have been able to make up, from the numerous and conflicting ones which have appeared. When a plainer, and more reasonable one is presented, I will change.

It has been observed that protracted ill health, is the immediate cause of tubercular consumption, when not congenital. But it may with propriety be considered the cause of hereditary Phthisis; for long continued disease in the parent, very frequently originates a tubercular diathesis in the offspring, although it may not be manifested in the stock. It will perhaps be of no service, beyond mere information, to speak of other causes of the disease, since it is but too seldom that persons can be persuaded to make a timely use of suitable means for the removal of palpable symptoms of a decline, let alone taking precaution against the causes of those symptoms, however plainly stated. Still, as it may possibly be of some service, I will more distinctly name some of the secondary, that is, the more remote causes of the disease, commonly known as consumption of the lungs. In doing this, I shall put down what is the result of my own observation, rather than a detail of causes collected from books. In presenting these, I will, as has been generally done in these pages, forego the pleasure of expressing myself in the language of the Faculty, although it is certainly the most elegant, the most concise, the most scientific, used in any profession. This tract is designed to be understood by the most common reader, and medical terms are studiously avoided. My desire is to convey just enough and no more, than to give to an ordinary reader such a view of the nature and symptoms of the disease, as will lead him to apply to me for a cure in time; to do it at the very first appearance of suspicious symptoms. I have had persons come to me, who were hourly dying of the disease, but seemed quite convinced that they did not have it, because they could not see that they had ever done any thing to give it to them. Such should not rest in their inquiries, until they have established the fact, with great certainty, that their parents and grand parents also have done nothing to cause it. For it is known to the informed, that sometimes the disease is smothered up for a generation, for an age, and then re-appears in the grand-child, like madness or any other transmissible calamity. By stating the causes of the disease at large, persons above referred to, may be able to arrive at a more correct conclusion, and more speedily too. As soon as a man asks me to undertake his case, I

would, were it in my power, cause him to forget all he ever knew of the disease, and would most certainly prevent him from reading any more on the subject. It is peculiarly true, that at least in this case, ignorance is advantageous, if not blissful. Hence, the fewer books a patient reads on the subject of his malady, the better; for unless he have an extraordinary capacity, which will enable him to understand the whole subject thoroughly, he will soon read himself to death.

A surprisingly large number date their attack from "The Influenza." Others say, "I had fever and ague for a great while, when it disappeared and left a cough, which has continued ever since." Not long ago, I had three applications of this kind, within a few days.

Multitudes fall victims to tubercular disease, who live in cold, damp places. Criminals, who were confined in damp dungeons, have their lungs in a short time covered with tubercles, although when first imprisoned they were in robust health. Animals, a dog, for example, if kept in a wet cellar, will have his whole lungs dotted with tubercles in a few weeks. I know that a different opinion is held by many. I speak of what has fallen under my own observation, and have no theory to support on the subject.

Long continued dyspeptic symptoms, often end in consumption.

A habit of taking medicine for trifling irregularities, leaves great numbers in the last stages of the disease, before they are aware that "any thing serious is the matter." Losing rest at night, night-watching, a wounded spirit, long continued grief for the dead, want of occupation, incessant brooding over the past—these bring thousands yearly to the grave, through the powerful influence they have in producing Phthisis.

The causes of consumption being so numerous, and its being transmissible, when produced, through several generations, why is it, that it has not before now, become the disease of the civilized world? It has already become so. There is reason, and strong reason too, for the truth of the estimate made by some, that already, one fourth of the people owe their death, more or less directly, to the existence of tubercles. At this rate, the globe would be depopulated were it not for the principle of an overruling Benevolence, so frequently brought into requisition, which saves humanity from extinction, by making blessings out of the very curses which it brings upon itself—thus,

When from any cause, whether it be the gratification of

appetite, the indulgence of passions, or a wilful, deliberate, and protracted violation of any of the wholesome laws of our being; the body is enfeebled, the mind, sooner or later, inevitably participates; these powerfully re-act on one another, from parent to child, causing a rapid deterioration, both physical and mental, until the being is not half a man; but at some point in this downward course, known only to Omniscience, nature steps in and takes away the power of reproduction, and the race is saved. Hence, the extinction of the names of whole families once numerous, and bidding fair to stock the country.

Those who are of a CONSUMPTIVE FAMILY, can shield the system from death, by this disease, by a timely and judicious use of the remedies—and all who employ them thus, are left in a condition, more capable than before, of resisting any ordinary exposure to weather, or sudden atmospheric change. Palpitation—irregular beating of the heart—has frequently disappeared, while Chronic Liver affections, and habitual *Constipation*, have been removed. They are as effectual in *Scrofula*, as in *Consumption*, while those who have a *narrow Chest*—and thirty inches in circumference under the arms is quite narrow for a man—or *sunken breast*, are surprisingly benefited in a very short time—frequently after one or two visits, the perfection of the cure is entirely dependant on the fidelity with which the patient adheres to the directions given. A few require several weeks of daily and careful attention, to bring their system to a state of health requisite for the application of the main, and more specific remedies. A steady and permanent improvement is made, in proportion as the patient, with a cheerful determination and resolute punctuality, *makes it his business* to give the remedies a steady and judicious trial, for a length of time, proportioned generally to the coming on of the disease, or the ravages made.

These remedies are most advantageously employed amid the attentions and comforts of friends and home. Hence, persons from a distance are frequently not necessarily detained in the city beyond a day or two. I do not profess to cure every case, or to effect it in any instance, in a day or week—nor by any secret or inexplicable mode—but upon rational principles, easily comprehended by the educated and unprejudiced. The cure is effectual, in proportion to the smallness of the amount of lungs actually destroyed. Four out of every five may be saved of those who make a timely

application, that is, before the lungs are covered with tubercles, or before suppuration has taken place. The extent of either of these, can only be told by seeing the person, and making the necessary examinations, which is done without the slightest pain in any instance. If there is a cavity, not large, it is effectually and permanently healed, by a lining membrane, or cicatrix, in a time proportioned to its size.

Persons sometimes apply to me, "afraid that their lungs are affected." Being under this impression, they are filled with the most gloomy forebodings, when on examination, it is immediately and perfectly apparent, that the lungs are entirely sound. Such an impression would produce tubercles in a person of this temperament. In a case like this, it is of priceless benefit to have the impression removed, by submitting to the examination of an experienced, skilful and candid physician. Uncertainty and apprehension will waste away the strongest constitution.

Clergyman, and others, in different parts of the United States, have given a willing testimony to the efficiency of some of the remedies employed in removing affections of the throat, called *Bronchitis*, of several years standing; not a partial and temporary, but a complete and permanent removal. There can be no good reason why the same thing should not be accomplished in others, by the same means. Some have been enabled to speak in public with great ease and comfort, who had been previously compelled to abandon their profession.

WHAT DO TUBERCLES PRODUCE?

TUBERCLES produce various diseases, according to the part of the body which they attack.

Tubercle in the lungs, is Consumption.

Tubercle in the neck, is King's Evil.

Tubercle in the joint, is White Swelling.

Tubercle in the back bone, induces Spinal Disease.

Tubercle in the belly, is Negro Consumption.

Tubercle in the hip joint, is Hip Disease.

Tubercle in the loins, is Lumbar Abscess.

Tubercle in the lining of the nostrils of a horse, is called Glanders.

Children are tuberculous, who have running sores about the nose, ears, mouth, scalp, &c.

Consumption, Scrofula, Struma, and Tubercles, may be considered one and the same malady.

SIGNS OF CONSUMPTION.

THEY are various, according to the person, the constitution, the part affected, and the cause producing it. There is no one common symptom, which infallibly points out its existence. Cough, spitting, and general weakness, are the most invariable concomitant symptoms. In any ten persons who die of Phthisis, these three symptoms will be oftener found present, and together, than any other three that can be named. At the same time, some persons have never coughed or spit at all, until within a few days of death; and yet on examination, the lungs would be found eaten almost half away. In medical books, so many symptoms are enumerated as accompanying the disease under consideration, that almost any invalid will find himself to have an alarming number of them. In forming an opinion of a case, I rely on no one symptom, or combination of symptoms; every thing a person complains of, and every thing he does not complain of, must be taken into account. A man cannot judge of himself, whether he has consumption or not; nor can any physician safely pronounce upon the question, unless he has for a great while turned his whole attention to observations of this kind. Persons have come to me, and died within a few days, who were assured by their physician, just before leaving home, that their lungs were not affected; and yet in examining Hospital cases of this kind, large portions of the lungs would be found broken down into a mass of rotten matter. But I do not mean to say by all this, that there is no sure method of indicating the disease; it can be done with an almost magnet-like infallibility, in a very large number of cases; but it is by a method which books cannot describe; personal observation and experience can teach it, and these only; an experience daily repeated, extending through years of time and continents of space; and this I claim for myself. I am not often mistaken as to the result of a case, although it be a long time ahead; and any man of common observation, with equal opportunities, could say the same thing.

A case. A gentleman of a northern city, who had been engaged in business to the amount of more than a hundred thousand dollars a year, wished me to give an opinion of his case. "I have no idea," said he, "that I have consumption, or any thing of that kind; I only feel a little weak, but I want to know what it is; I do not want medicine, for I am not sick; I am dining out with my friends, I can cross the mountains and return, my appetite is perfectly good, and all

I want is to feel a little stronger." A weakness, slight cough, and pain in the side, were all that he complained of; and, in answer to many questions variously put, he would acknowledge the existence of no other symptom, not the slightest. I perceived that he was determined to have it "that nothing much was the matter with him;" and for the sake of a lovely family of children, his position in society, and because he was a finished gentleman, having a noble manliness, only equalled by the kindness of his heart, which extended to all around him, I determined to express my views undisguisedly, without flattery, and without exaggeration, made the examination leisurely, and formed my opinion accordingly. I directed his attention to three apparent trivial circumstances, which had not attracted his notice, and traced out what I thought would be the subsequent history of each one of these, if they were each let alone; giving him my reasons why this and that and the other thing would occur; in order, that by convincing, I might save him. When I closed, he admitted that it was reasonable; but thought that I had overrated the points named, and was unwilling to take any measures for the recovery of his health, because he felt well enough, and was only a little weak. On parting a few days afterwards, I said to him, "Either one of the things which I have named to you, would kill a common man; and with the three you will not live twelve months." I left a note in his hands to the same effect, giving him directions how he might avoid what I anticipated. Eight months afterwards I saw him again for the first time; he had been looking for me for several days, with great anxiety. "Ah, Doctor," said he, as I met him in his chamber, his beautiful daughter leaning on his pillow, "what you told me has come true to a hair's breadth, but it is too late now,"—and he died.

Another. A fine looking young man, aged 22, the son of a southern Planter, complained to me one day of a cough, and restlessness at night, first observed a month before. He was about to travel for information, as much as any thing else, and intended taking Havana in his route; but before starting, wished to know whether his lungs were affected. On examination, I found that he was in a worse condition than his external condition indicated; he had not fallen away any, was walking the streets, apparently as well as others, and had a good appetite. I told him that he had better abandon his journey for the present, return home, and endeavor

to get well; if he did not, he would die. He persisted in going, and I refused to prescribe. This was the 30th of January. Before the summer had closed, he died of most unmitigated consumption.

In a particular class of persons who are consumptive, there is a combination of symptoms, which present themselves, from six to twelve months in advance, which, if let alone, make death infinitely certain. In a long experience, I have never found them fail; and do not believe I ever will. They are symptoms which, in nine cases out of ten, entirely escape the observation of the patient; and yet are plain as a sun beam, to an observant practitioner. They are comparative, not of universal application, not appreciated by the multitude, and are therefore not named.

The following are some combinations of symptoms, in persons who have called on me, fearing they had already, or were threatened with consumption.

NUMBER ONE. 2.

PULSE 95 a minute, white tongue, some head-ache, pain between the shoulders, and along the breast bone; running pains through the breast, and in one side; great general chilliness, a regular daily chill, bowels costive, great restlessness at night, cough very troublesome, and excites sickness at the stomach, white and frothy expectoration at first, then matter, spitting of blood, frequent night sweats, great emaciation and weakness, scarcely able to sit up while the bed was making.

NUMBER TWO. 3.

PULSE 100 in a minute, bitter taste, yellow tongue, considerable pain between the shoulders, and some along the breast bone; great pain under the ribs, much general chilliness, irregular appetite, but good in general; sleep not good, very great nervousness, some difficulty in breathing, cough very troublesome, excites nausea and vomiting, yellow, thick, heavy expectoration, had fallen away a good deal, had spitting of blood from the beginning.

NUMBER THREE. 16.

Pulse 85, bitter taste, pains in the back, feet and hands always cold, bowels costive, some nervousness, cough very troublesome and dry, expectorates mucous mixed with blood, was taken with a bad cold eight months ago.

NUMBER FOUR. 17.

Pulse 86 a minute, bad taste indefinable, some pain between the shoulders, also in both sides, now and then a general chilliness, troublesome cough in the morning, expectorates a small, round, pea-like matter, taken with spitting of blood two years ago.

NUMBER FIVE. 18.

Pulse 80; bitter taste; tongue red and smooth; some pain in the small of the back, and occasionally along the breast bone; also in the left shoulder; chills run over the body; moderate appetite; bowels costive; sleep good; a slight difficulty in breathing now and then; cough very troublesome; sometimes excites nausea and vomiting; expectorates several table spoons of matter every day; some night sweats; has fallen away; sweats in the coldest weather.

NUMBER SIX. 20.

Pulse 100; an indescribable, sweetish, watery taste; pain often in small of the back; headache; pains and soreness between the shoulders; decided pain along the breast bone; some in the left side, and under the ribs; darting pains through the breast; chills run along the back; has a chill every day; heat in the palms of the hands now and then; voracious appetite; loose bowels; good sleep; great nervousness; occasional difficulty in breathing; troublesome cough; sometimes excites nausea; expectorates a yellowish, white matter; spitting of blood once, six weeks before, night sweats; some falling away; prefers sour food.

NUMBER SEVEN. 22.

Pulse 130; bitter taste; red tongue; some pain between the shoulders some time ago; also in the right side, and under the right ribs, and moveable; daily chill; general chilliness; heat in palms and soles; moderate appetite; irregular bowels; sleep not good; great nervousness; cough very troublesome on lying down; exciting nausea sometimes; expectorates several table spoonfuls of matter during the twenty-four hours; night sweats; falling away; was taken with spitting of blood.

NUMBER EIGHT. 24.

Pulse 112; very bad taste; tongue yellow and white; pain between the shoulders; general chilliness; heat in palms and soles; expectorates a gill of yellow matter in 24 hours; short-

ness of breath; quite weak; was taken with spitting of blood, twelve months before.

NUMBER NINE. 25.

Pulse 90; bitter taste; tongue white and dry; sometimes light headed; tightness along front part of the breast; a fullness under the ribs on the left side; intolerable burning in palms and soles; good appetite; bowels costive; does not get to sleep until two o'clock in the morning; expectoration white and tough; sometimes yellow, and easier; cough very troublesome in the morning; spits blood several times a day; great emaciation and weakness; was taken with spitting of blood at first.

NUMBER TEN. 29.

Pulse 84; bad taste; white tongue, and very dry in the morning; pain in the lower part of the back; frequent headache; soreness between the shoulders; chills along the back; general chilliness; heat in palms and soles; costive bowels; broken sleep; very troublesome cough; pain in the side.

NUMBER ELEVEN. 31.

Pulse 118; bitter taste; tongue white and dry; red at the edges; pain all along between the shoulders; an aching in front of the breast; pains in both sides, under the ribs, and darting through the breast; soreness on pressure at the pit of the stomach; chills along the back and sides; some general chilliness; heat in palms and soles; poor and variable appetite; costive; sleep good; difficult breathing; cough very troublesome on lying down at night; expectoration is frothy, slimy, thick, frequently blood; relishes sour provisions.

NUMBER TWELVE. 56.

Pulse 82; bad taste; can't describe it; yellow tongue; pain in small of the back; moving pains between the shoulders, up and down the breast bone; in the right side also; chilly; bad appetite; bowels costive; sleep not good; expectoration is white, sometimes yellow; sinks in water; frequent night sweats; when a child, had frequent soreness and breaking out about the ears, and then the throat.

NUMBER TWELVE. 58.

Pulse 84; red, moist tongue; pain in the small of the back; feeling of fullness in the head; eyes ache; pretty constant pain between the shoulders; soreness at pit of

stomach, on pressure; chills run along the back, with a good deal of general chilliness; cold feet; hands burn; restless sleep; tightness across the breast; cough not very troublesome; expectorates a yellow phlegm in the morning; a whitish mucous to-day; spitting of blood and severe night sweats some time ago; loves pickles.

NUMBER THIRTEEN. 77.

Rapid pulse; red tongue; daily chill; heat in the palms; very poor appetite; irregular bowels; sleep tolerably good; cough very troublesome, especially in the morning; some spitting of blood; night sweats; whitish, frothy, thick spittle.

NUMBER FOURTEEN. 80.

Frequent pulse; pains in the back, head, and between the shoulders, frequently; also in right side; very chilly; cold feet; costive bowels; some difficulty in breathing; cough is troublesome, mostly on lying down; expectorates round globules of yellow matter.

NUMBER FIFTEEN.

Bad taste; yellow tongue; now and then a chilliness between the shoulders; regularly every day once or twice; generally in the morning; pain under the ribs; a gnawing feeling at the stomach, when fasts too long; cold feet and hands at one time; burning at another; bowels costive; sleep good; frequent clearing of throat; a great feeling of tightness about the chest; flushing about the face, frequently accompanied with a burning sensation.

Whether any or all of the above cases died, or got well, I will leave till some other time to communicate.

Some persons, in addition to the ordinary symptoms of consumption, have now and then a complaint almost peculiar to themselves; and probably the like would not be met with again, in six months practice; such as a numbness in the arm, leg, or thigh; a coldness on the inside of the foot, within the space of a dollar; pains about the lower edge of the ribs, running round towards the back bone; a fixed pain covered by the hand, at the bottom of the breast bone; a sensation, as of the heaviness of lead, at a particular part of the breast; then of a raw, burning feeling; others refer to a particular part of the chest, as if there was nothing there; as if it were perfectly vacant; another has pain at the end of the breast bone, confined to a spot which a copper cent

would cover; a drawing eord like feeling annoys some; one man will have, with other symptoms, a constant dull pain, or heavy uncomfortable feeling, at the back of the head, for weeks and months together; while another is more troubled with a frequent and sudden flushing in one particular part of the body, under the chin, one side of the face, or neck, top of the head or inner part of the thigh; pain behind the breast bone; great uneasiness in standing; a feeling of vacancy or "goneness" at the lower part of the breast; a small dry spot in the centre of the hand or foot; a sensation of coldness to some part of the lungs, on drawing a breath; one has an internal itching, within the lungs themselves, or an impression of an insupportable weight, on lying down at night, on some part of the breast; a daily chilliness between the shoulders; sensation of heat along the inner edge of one foot; expectoration occasionally, of little pellicles, rounded, shot-like substances, more or less clear.

After all, the general reader will conclude, that consumption must be a very indefinite kind of disease; and it is true, that there is scarcely a symptom to be named, which consumptives have not complained of at one time or another; nevertheless, there are three or four symptoms, either of which, if let alone unchecked, will infallibly end, sooner or later, in unmistakable Phthisis.

First: A spiteful dry cough, coming on without any apparent cause, on going to bed or getting up in the morning.

Second: An occasional mixture of blood with what is expectorated.

Third: A frequently recurring or fixed pain in any part of the breast, with general debility.

The worst of these is the cough, which no cough syrup ever sold has removed longer than while using it, but only smothers, the more certainly and speedily to destroy.

As to spitting of blood, it is often lightly thought of, as persons do it who seem to be as hearty and well, and feel as well as any body. My uniform observation on this point is simply this: Inquire for them a few years afterwards, and in four cases out of five, the answer will be—"he died of consumption." A man may persuade himself that it comes from the stomach, or throat, or nose, or anywhere else, but I tell you, Reader, let it come from whence it may, it is most assuredly, in four cases out of five, the

certain herald of consumption and death, unless proper care be taken; just let it alone, and you will inevitably die from its effects. Its appearance shows one of two things, as a very general rule, either that the lung vessels are dangerously weak, leaving a person liable to death, from rupture, within any hour of his existence, from sudden excitement, jar or strain; or, which is scarcely less comforting, it indicates that a man's lungs are in process of being eaten away; and that is the last stage of tubercular disease. Yet I can, and do more certainly, and permanently, cure such, than where the spiteful dry cough is the prevailing symptom.

In opening at random a volume of one hundred and fifty cases, of persons coming to me under apprehension of consumption, beginning or begun, I find that to the question *What symptom annoys you most?* Ten consecutive persons answer *before*

1. Throat.
2. Cough.
3. Short breathing.
4. Throat. *full of frogs*
- Yellow* 5. Pain in the breast.
6. Spitting of blood.
7. Costiveness.
8. Weakness.
9. Chills. *fevers*
10. Weakness. 78.

ANOTHER TEN. *behind*

1. Throat.
2. Short breathing. *involuntary!*
3. Short breathing.
4. Expectoration.
5. Throat.
6. Throat.
7. Expectoration.
8. Weakness in the breast.
9. Cough.
10. Cough.

ANOTHER TEN.

- liver* 1. Pain in the side. 42.
2. Throat. *with a pair of soldiers*
3. Expectoration.
4. Weakness. *in the knees*

5. Weakness. *over the left*
6. Cough. *& Croup*
7. Throat. *& breeches*
8. Throat. *with green eyes*
9. Weakness. *in the nose*
10. Cough. *in a horn*

Principal inconvenience of ten consecutive persons who did, or did not recover.

1. Weakness. 46.
2. Throat.
3. Cough.
4. Cough.
5. Burning breast.
6. Oppression.
7. Cough.
8. Cough.
9. Weakness.
10. Oppression. *from eating cheese*

Principal inconvenience of ten consecutive persons who did or did not recover, opposite to the preceding.

1. Cough. 48. *plough, enough, enough, through*
2. Cough. *Candy*
3. Cough. *Syrup*
4. Cough. *& Colds*
5. Cough.
6. Pain 'twixt shoulders. *before*
7. Burning feet. *behind*
8. Pain in the breast. *above*
9. Weak breast. *below*
10. Cough.

The best practical use to be made of the five tables above is this: If you have had any symptom named, longer than two weeks, there is cause for apprehension; do not sleep until you make an effort for its removal, and spare no pains to accomplish the object fully and completely. Go to a careful physician, of education and experience, and take no internal remedy unless he prescribes or knows its contents. I take it for granted, that no practitioner, who has any respect for himself, would use or recommend a remedy of whose constituents he was ignorant.

Some persons, and there are many, who, instead of ask-

ing their physician what to take, for fear of being "dosed to death" by him, will turn upon their heel, and buy any syrup, or drops, or pills, that any person happens to recommend, and swallow them for weeks together. Patent medicines kill every year, more than the Faculty of Christendom, in a century. When I have myself taken cold or feel unwell, I allow nothing to pass my lips, not a particle of food or a drop of liquid, until I get well, which is always within forty-eight hours. In relation to colds especially, they can, if they are not the cold of consumption, be almost always removed within thirty-six hours, if such a practice, (eat any thing, but take a drop of no liquid, not even cold water,) is adopted rigidly, the instant you find you have taken cold. But if you have long taken cold, nothing that can be swallowed, will do it any safe and permanent good; it will in spite of remedies, run its course of ten days or two weeks, and then get well of itself. This is the secret of newspaper certificates for cough and cold medicines; which, when they are given, are given by weak-minded people, who mean well, but never reflect. Never take a particle or a drop, for a cold, except from your physician; it stamps consumption on thousands every year.

Can Consumption be cured? If I did not believe so—if I did not believe that I could prevent, arrest, and effectually, and permanently cure it, I would abandon the practice, the very next instant.

Who says that it cannot be cured? No great living physician, who has had extensive practice in diseases of the Lungs says so. The common people say so; but they know nothing of disease, and are as ignorant of the nature, causes and history of consumption, as they are of the constituents of the moon. You cannot find *one* great name in modern medicine, who has devoted particular attention to diseases of the Lungs, but will assert, and has asserted to this effect.

"The perfect cure of consumption of the Lungs is demonstrable!!"

Such is the medical creed of M. Louis, Laennec, Marshall Hall, John Hunter, and others, whose names will live in honor, to remote ages. If the reader has the disease, or is threatened with it, and believes differently, his duty is easily performed, since he has only to do nothing, and die!

Tubercles are removed from every other part of the body, and why not from the Lungs? White swelling has been perfectly cured; Curved Spine has been cured; Lumber Ab-

sciss has been cured; hip disease has been cured; kings evil has been cured; tabes mesenterica has been cured—and why not Consumption, which is only tubercle in a different part of the body? Every one knows, who knows any thing at all, and every physician of even common reading knows, that if tubercles are in any part of the body, they are in the lungs at the same time; and when that is the case, a man is in the first stages of Consumption—if, then, they are in the knee, or loins, or neck, or belly, producing white swelling, lumber abscess, kings evil or negro consumption, they are also in the lungs, but these diseases are cured; hence the tubercle must be arrested in its progress, or removed.

Some persons say that the lungs are always moving, and have no chance to heal. No physician of any intelligence will say so; for many a man has had a dirk driven into his side, or a bullet shot through his lungs, and got well;—scarcely any man that has ever been a mile from home, but can call to mind instances of this kind within his own range of observation, either in animals or men. I deem it useless to offer any argument on the subject, other than the bare statement of facts just made; and this other one in addition, that it is impossible to open the bodies of ten persons, without finding scars in the lungs, showing that they were once sore or decayed or wounded, and that they afterwards perfectly healed, and the person finally died of some other disease. So far, then, from Consumption being incapable of cure, it is perfectly and permanently cured every day.

In corroboration of the above sentiment, that the lungs readily heal, an extract is here given from an article in a late Edinburgh Med. and Surg. Journal, from the pen of Dr. Bennet: “Of seventy-three bodies examined, since last November, I found puckerings, or concretions in the lungs, of twenty-eight. These observations, conjoined with those of Roger and Boudet, serve to establish, that the spontaneous cure of pulmonary tubercle, occurs in the proportion of from one-third to one-half of all who die after the age of forty. There seems to be no reason why cavities in the lungs should not heal with the same frequency as ulcerations or abscesses in other internal organs, if the further deposition of tubercle could be arrested; and this is only to be accomplished by overcoming the pathological conditions on which the deposition of tubercle depends.”

How is it, then, that every body says that it cannot be cured? I have only room to say in answer, that the intelligence of that which we call "Every body," is very limited on this, as well as on all other subjects; so limited indeed that it amounts to just nothing at all; and he who obtains his knowledge from what "every body says," must have a limited supply. To form a correct opinion on any subject, you must study that subject yourself or obtain it from those who have given it their special study; and in the absence of your ability to study medicine in general, or lung disease in particular, you must consult those who have; and these are the very men who, having studied, and read and investigated this class of diseases, and none other, for years, and scores of years, these are the men who stand up in the face of the world, and fearlessly declare,—"*Its perfect cure is demonstrable.*" This simple declaration, under the circumstances, carries to the mind of a man capable and accustomed to weigh moral evidence, more than the force of mathematical confirmation.

The man who declares, or gives countenance to the declaration, that "Consumption cannot be cured," commits a crime against humanity. For if the sentiment prevails, the practical effect is this: as soon as a particular case is declared to be consumption, of course no effort is made to cure it, and the person is abandoned to die; but suppose it was an erroneous declaration, (for how often does it happen that a case is declared consumptive, when it is not,) then the man has been allowed to die, when he might have been saved;—it amounts to almost homicide, practically. It is against good morals to utter as a fact, that which you do not know to be true either from your own investigations, or from the investigations of others. The dictate of sound morality and true benevolence, should lead you to say at least, you "do not know."

The tendency of such a sentiment is essentially bad in its nature. Make a man firmly believe that consumption cannot be cured, the moment, then, he admits that he has the disease, he must admit his death is inevitable. The only method of avoiding this is to deny he has the disease at all; consequently he makes no effort to remove it; he will use means for every thing else but Consumption, allowing it all the while to infix itself more immovably in the system; and at long last makes the acknowledgment, that he has the dis-

ease, just as he is expiring; and this leads to the universal belief of the incurable nature of Phthisis;—a certain set of symptoms are suspicioned to be consumption; if the person die, it is declared Consumption; but if, with precisely the same symptoms, another lives, it is pronounced “something else.”

My practice is this:—A man comes to me and says, or sends word, “I am afraid that I have consumption; my friends tell me so; all my physicians say that my lungs are affected, and they can do me no good; they have been practising on me for years, and now I am sinking every day; I cannot sit up an hour at a time; and here is my young wife and little babe to be thrown upon the world without money and without a friend! What shall I do?” Just such a case occurred to me near two years ago. I did what I could, and the man now lives a public officer, weighing some hundred and fifty or two hundred pounds.

Another: “Doctor, I have brought you my child, all the one I have in the world; his father is dead; we are very poor; all that I had has been paid away for medicines, and the doctors now tell me that they do not know what is the matter with him, and can do him no good. I see he is sinking every day; I am old, and he is my only dependence; he is as kind a child to his poor old mother as ever lived; can’t you do something to save him?” I examined and prescribed for him, and saw him but that once. Passing by that way a year afterwards, on inquiry, I found that my directions had been closely followed, and he was entirely well in every respect.

An old man and rich, was supposed by himself and friends to be in a dying condition from an affection of the lungs, and hearing that I practised in diseases of that kind exclusively, consulted me. Twelve months afterwards he called to tell me that he had not had better health for ten years, and had no symptom of his former disease.

Now all these cases occurred within a few weeks of each other; suppose they re-occur in a year’s practice, do I not do well to continue the same. I only save those whom others have adjudged to inevitable death. I think I do well if I save only three in a thousand; but I frequently have several such cases to occur in a single week; that is, they come to me abandoned to death by their physicians, remain with me a while, and years after are living and doing well.

I proceed to give a few cases, all of which occurred in the practice of a few weeks. I merely give the more prominent symptoms when they came to me, and their unsolicited statements in relation to themselves sometime after. Names are omitted, as I do not communicate them even to private ears. My object is simply to show what kind of cases I cure; what kind of complications of disease have been removed, by the mode of treatment which I have adopted; and certainly it is no more than fair to suppose, that I will not be less successful in similar cases hereafter.

Case 1.

A young man aged twenty-two, dark hair and eyes, tall and spare, principal symptoms, fixed pain in the left breast, emaciation, weakness, a troublesome cough at night of many months duration. I did not see him after giving him the prescriptions, but he called in two months to say, that he felt and believed himself to be perfectly well.

No. 2:

Tall, thin gentleman aged thirty-eight. Taken with a cough three years ago, which now excites nausea and vomiting, with morning expectoration, left side fallen in. Writes in two months, that he believed with a little longer attention to the remedies, "my disease would be entirely removed." And with the letter, sent me another patient. Saw him once only.

No. 3.

A young lady about eighteen, dark hair and eyes, well made and beautiful. Cold feet, pulse eighty-five. A very troublesome dry cough of eight months' standing; expectorating mucous and blood. Reported by letter in a few weeks,—“My cough has almost entirely left me,” &c. And more recently, from a disappearance of the symptom, believes that nothing is now the matter with her. Have not seen her since her first visit. Her friends had given her up as lost. She is now an accomplished and lovely woman.

No. 4.

Merchant. Aged thirty, middle size, pulse ninety-six, pains between the shoulders, up and down the centre of the breast, and on either side, loose bowels, great nervousness and difficulty in breathing, night sweats, palpitation, great falling away. Mother died of Phthisis. First symptoms appeared seven months ago. Says at the end of four

months,—“I believe you have entirely cured me.” I never saw him but once.

No. 5.

Teacher. Aged twenty-two. Cold feet, great chilliness, nervous, costive, restless sleep, difficult breathing, hard cough every night after lying down three or four hours; expectorates yellow bubbly matter, about a quarter of a pint in twenty-four hours; pains in various parts, and night sweats. Symptoms appeared two years ago, writes,—“It is now seven weeks since I saw you; (the first and only time,) I feel a great deal better than I did then. I have no pains in any part of my body, little or no cough, am able to attend to my business, have no night sweats, was required to use the remedy for it but one night,” &c.

No. 6.

Married man aged twenty-six, pulse ninety-five, confined to bed all the time, daily chill, irregular sleep, cough very troublesome, frequent night sweats, unable to sit up. Attacked with spitting of blood two years before, repeated since; found him lying on his back in bed, asleep, heavy breathing, pale as a sheet, eyes and mouth open, waked up, looked wildly around and for sometime spoke incoherently, his case had been given up as utterly hopeless by several different physicians in succession. I prescribed for him. The next time I saw him, was on the fifteenth day, was walking about, in two weeks more, could walk a mile without much fatigue. I saw him no more. It was last year. A few days ago, a gentleman called upon me to see his wife, who was complaining. This gentleman, who was a neighbor of the patient, came to me in consequence of what he esteemed “the perfectly miraculous raising up of the patient.” Not having heard from him for several months, I asked if he was well; “yes, and as fat as a beef!” I prescribed for this gentleman’s young wife, and they turned their faces homeward, a distance of two thousand miles, in high hope of perfect recovery.

This case is of more importance than the space allotted to it would indicate. This gentleman had been suffering for two years. He had been prescribed for as a consumptive by physicians in different States, who had successively abandoned him as being in a hopeless condition. The physician who was in attendance when I was requested to visit him,

had practised medicine in a large city for nineteen years. He also considered it a case of consumption impossible of cure. I believe the man would have died in two weeks.

No. 7.

A gentleman aged thirty-eight, pulse ninety, tightness across the breast, sensation of fullness in the left side, heat, sometimes violent burning in the palms and soles, costive, great nervousness, does not get to sleep usually until about two o'clock in the morning, cough troublesome in the morning, swelled ankles, spits up a yellow matter, considerable emaciation, great difficulty of breathing at the top of the breast.

This gentleman came to the hotel in a carriage with his physician, the exhaustion produced in coming up one pair of stairs to my office, was very great, and on being seated began to spit red blood profusely. He had three severe attacks of this bloody vomiting, and many smaller attacks, sometimes he was a month without any, then again he would have it every week or two, at other times every few days, and occasionally, as to day, several attacks during the twenty-four hours. He had repeatedly discharged "pints at a time." These symptoms began ten years before. For several years past he had been compelled to give up all business. I saw him almost daily for two weeks, and then no more. This took place last year. In the spring of the present year, 1844, I received a letter from him, saying,—“I am happy to inform you that my health is very much improved, have had no return of bleeding since I saw you, and have increased fourteen pounds in weight,” (within the last three months.) And further adds,—“All your patients with whom I am acquainted, are doing well, with one exception.”

No. 8.

A man of fortune aged fifty, had been for some weeks under the medical treatment of a great practitioner, deservedly distinguished. Sent to know if I would call to see him. I refused the third time to go.

“But, Doctor, he is sinking every day, and cannot last long.”

“Then he has less time to lose. Bring him here.”

“His physicians say the risk is too great, and money is no object with him, you have only to make out your bill.”

I decline the visit.

“But, Doctor, it is raining; would you have the man to risk his life?”

Put him in a carriage, and let it rain on. I tell you it will do him good, his physicians are mistaken.

In the course of the day, he was brought to my room from the carriage at the door, by three men. He complained in various parts; dizziness, cough, yellow expectoration, nervousness, palpitation, binding across the breast, burning in the palms, a frequent sensation of "goneness," as he expressed it, fixed pain in one side, &c.

After a leisure examination, I said to him,—“My friend, I can cure you.” He wept. I required him to occupy a room adjoining my office, and saw him many times a day for two weeks. Three months have now passed away. He has made a journey of a thousand miles by land and water, does not cough once in a day, expectoration has ceased, all pains have disappeared, walks five miles a day without fatigue, and believes himself saved from a speedy and certain death, by the means employed. I attended him but two weeks.

No. 9.

Hon. Judge J * * * * S * * * * drove to my office from the hotel in an easy carriage, a distance of two squares. This was last year. He seemed fatigued; came to me as a last resort; thought he could only die any how, and “would try it for a short time.” He had pains between the shoulders; a red tongue; a frequent general chilliness; sleep very imperfect; great nervousness and difficulty in breathing; cough very troublesome at night; expectorates a thick yellow matter bordering on green, from a half to one pint in twenty-four hours, and this had often blood in it; night sweats, (and this was in the depth of winter;) good deal of palpitation or fatigue, on excitement of body; great emaciation; his clothes looked lost upon him; a continual tickling in the throat when in repose; astonishing weakness on slight exercise; goes to bed at ten o'clock, coughs half an hour or an hour, then sleeps until one, has another spell of violent dry cough at first, then it becomes free; if he drinks water, causes him to vomit water and matter mixed together, then sleeps until daylight. The first symptoms were a dry cough several years previous to this time, but two years before this application, he had a blood vessel ruptured by the violence of the cough. He was unwilling to incur a greater expense than my first charge, and almost believed he was throwing that away, the chances against him were so numerous, and scarcely one for him; so

he believed, and his friends also, but more confidently. He took with him a very small amount of remedies, with a promise to return in a week or two, if they did him any good. I heard nothing more of this case for some six weeks, when two of his friends came early one morning into my office, for a certificate of burial—as I supposed. It appeared, however, that he was rapidly getting well, so much so as to want to know whether it was worth while to do any thing more. Soon after that, he was appointed by his fellow-citizens to welcome a distinguished visitor, which he did in a handsome address, honorable to himself and worthy of those for whom the sentiments were expressed. Subsequently he came to the city as a delegate to some State convention, a journey of a hundred miles or more. The conveyance being crowded, he had not slept any the preceding night, but after breakfast, joined in a public procession; and after having been on his feet, standing, walking, &c. until near three o'clock, walked half a mile or more to my office, before dinner, without special fatigue, saying,—“I feel myself another man in mind and body.” Three months have passed, and two days ago I received a letter from him introducing me to the eighth patient, in consequence of the benefit of my treatment in his case. The letter is as follows, omitting names:—

DEAR SIR,—Having myself derived much benefit from your hands, and knowing that your treatment is happily influencing the health of others of my acquaintance, I feel it a duty to introduce to you persons who are desirous of consulting you, from no idle curiosity, but from a hope of securing permanent benefits. With this view, I take the liberty of recommending to you Captain ——, whose wife is much afflicted with a disease which I believe to be under your control.

The confidence I have in your course, induces me to hope that as many as possible may be placed under your directions. And at the risk of being troublesome, I cannot refrain from recommending persons to visit you, who are suffering, and who inquire the cause of the sudden and remarkable change in my own health.

Yours, truly.

In view of the above cases, it may be asserted with great safety, that there can be no good reason why others having similar symptoms, may not, by the same treatment, experience in their own persons, the like happy results.

N. B.—It is now more than a year since the above cases were first published: and I have the gratification of knowing that every one of them is still living and doing well.

A case of this kind occurred to me:—An unmarried man aged thirty, pulse one hundred, had a bad taste, dry white tongue, pain and weakness in the small of the back, dull heavy feeling in the head, can't stoop over or stir about quickly, occasional pain across the upper part of the breast and shoulder, pain under the edge of the left ribs, a falling away and weakness at the pit of the stomach, when long without food, cold feet, hands always dry and husky, costive, sleeps very uniform, but becomes restless before morning, difficulty of breathing and fullness at the top the breast-bone on going to bed, a light yellow expectoration, father and sister died of Phthisis, if he sits down long, he has pain around under the ribs; if he walks a mile, he fails about the stomach and edge of the ribs; if he stands still, he fails about the back; has a violent dry cough, when he goes to bed and when he gets up, coughs if he draws a long breath or drinks a glass of cold water, or presses his hand on his breast, or comes into a room, or begins to talk, or whistles, or even brushes his whiskers; sometimes in entering my office, will cough incessantly, rapid, dry and hard, for fifteen minutes or more.

Was this a case of Consumption? He had taken divers medicines; had employed different physicians; cut off the uvula, and did various other things, to no purpose. After he had been with me a month, I find the following memorandum in my note-book: "Every symptom abating; can rub the chest or strike upon it with great force, or talk or whistle or brush whiskers, without exciting cough as formerly, breathes freer, can sit or stand without having pain or restlessness or failings around the loins, as he had for two years together previous to visiting me."

In another month he was as bad as ever. This change was produced by incidental circumstances not important to be named. I varied my plan of treatment, gave him full directions, and sent him home, two thousand miles distant. One year afterwards he wrote me thus:—

"I go out in all weathers, have become a great deal stouter and some heavier; I can walk for miles and up the largest hills we have, without minding it much; can draw a full breath, sing, whistle, and can talk longer, without its causing me to cough; I am out the coldest days in winter, without being

near a fire, and scarcely cough once." More recently I was told by a gentleman who was a particular friend of his, that he was entirely well in every respect. Was this a case of Consumption or not?

Within a few months past, I have had several cases of interest. A merchant's lady aged thirty-six, had within a year or two, several attacks of inflammation of the lungs; for five years had severe dyspepsia, fluor albus, and for four years, falling of the womb, which last had at length produced the effect of incapacitating her to walk but a few yards without great inconvenience, not even about the house. She had fevers, pains in the back between the shoulders, in the side, and a constant, painful, drawing feeling at the bottom of the breast-bone, chilliness, costiveness, copious and daily expectoration of large quantities of thick yellow matter, a frequent hacking cough during the day, but worse on lying down, or immediately on waking up in the morning, sometimes exciting nausea and vomiting.

I prescribed at once for the Prolapsus, and then for the other symptoms. In three weeks, cough had almost ceased to trouble her; bowels, appetite and sleep all regular, and could walk a mile to church and back, and attend to various Sabbath and Sunday-school duties, without special fatigue. I consider this a most remarkable case of the happy effects of a few simple remedies judiciously applied.

A number of cases of a combination of symptoms of a dyspeptic character rapidly tending to confirmed consumption, I have been able to relieve, with a surprising and gratifying facility; and those symptoms not having returned within a year, may be considered as permanently removed.

A man aged thirty, complained of a pain of six months' standing, immediately behind the breast-bone; within a week I caused its removal, and it never returned; this was the principal of many other symptoms, all of which disappeared.

A gentleman of fortune, aged twenty-six, unmarried, of a consumptive family, had spitting of blood as the principal symptom for two years; it gradually increased in frequency and quantity in proportion to the care he took to ward it off. He came into my office, the thermometer 78 degrees, muffled up from head to foot, enveloped in every part with extra flannels and handkerchiefs; he could not walk a hundred yards without spitting blood; he was almost afraid to move, and never did do so, even to rise from his chair, except in

the most careful, measured and deliberate manner. I pre-scribed. In three days the expectoration ceased; in a week he could walk two miles without fatigue. After a month, he was still improving, and wrote to know if I would allow him to take a journey overland five hundred miles, to marry a beautiful Carolinian Heiress of seventeen; and is now canvassing through the country, day and night, through all kinds of weather, for one of the highest offices in the State, with daily increasing health and strength, and is well worthy of the place he aspires to.

WHAT IS BRONCHITIS?

The wind-pipe divides at the bottom of the neck in front, and sends a branch to each side of the chest; these two branches, as they dive further down, send off other branches, becoming continually smaller and more numerous, until they can scarcely be distinguished, ending in a bulb or small bladder, and these small bladders are the lungs themselves, the small branches of the windpipe which terminate in these bladders, are called Bronchii. The word "*itis*," at the end of a term in medicine, always means inflammation; which is, more blood in the minute vessels of a part, than is natural, producing redness, heat, pain and swelling. Bronchitis, then, is inflammation, an increase of blood in the smaller branches of the windpipe.

Bronchitis, Catarrh and a common Cold are one and the same thing essentially. Many persons who have a cough or sore throat for some time, feel quite relieved when told that it is Bronchitis; taking it for granted, that if it is Bronchitis, as a matter of course it cannot be Consumption. Bronchitis is a general term, embracing any inflammatory affection of the wind-pipe and its branches, from the slightest possible common cold, to the last gasp of Consumption. A common cold, or inflammation in the throat, begins Consumption, and inflammation in the throat ends it. The general meaning attached to Bronchitis, is an affection of the throat which has fixed itself there; that is, an inflammation which is of longer duration than a simple cold. A great facility in catching cold and a great facility in having a slight sore throat, are to me the great heralds of Consumption fixing itself in the system. And if men would but take the kind and timely warning, Consumption could be indefinitely warded off in millions of instances, and in the large majority of cases, without

medicine of any description internally. And I here declare, from an unwavering conviction of its almost unqualified truth, that the expression, "almost any thing gives me a cold, or sore throat," is a fatal harbinger of a consumptive's death; and taking cough medicines to remove them, only hastens the consummation, by lul'ing the victim in treacherous security; and a cough of several weeks' standing, that becomes easier, or disappears while the remedy is taking, and re-appears when the remedy is discontinued, ought to be set down as Consumption already begun. But let Bronchitis be what it may, in the language of Dr. Stokes, "it has a most important share in almost all diseases of the lungs."

SYMPTOMS OF BRONCHITIS.

It is usually accompanied with irritation in some part of the throat, a harsh, dry cough, then considerable expectoration, sometimes an incredible amount is raised, by spells of coughing. The matter thus expectorated is various, sticky, tough, thick, dark, yellow, green, bloody, &c. according to circumstances. There is usually no decided pain, but a soreness or tightness in the breast, difficulty in breathing on slight exertion, weakness, &c. The voice is variously affected. Sometimes the patient can only speak in a hoarse whisper.

If Bronchitis is recent, it can be cured in a few days: if, however, it be of weeks or months duration, it is more difficult of removal, and requires a more protracted effort. It may be found, on investigation, that the immediate cause of this disease, is always the application of cold in some way or other; damp clothes, damp houses, abrupt exposure to raw air, especially after a free employment of the vocal organs. I do not believe that the use of these organs in any way, whether in singing, or public speaking, or reading, is ever of itself the cause of Bronchitis. Bronchitis is the manifestation of a consumptive constitution previously existing, and ought to be regarded as a herald of an approaching and deadly enemy. It is merely a breaking forth of hidden fires from exposure to the causes just named. I believe that a man must have a consumptive constitution, before he can have Bronchitis, according to the general acceptation of the word, and that whatever doubts he may entertain of his having the disease before, when Bronchitis is added to the other symptoms, there remains not the shadow of doubt. The reader will perceive that I merely make assertions here.

I do so, because years of painful observation have made them facts, and they need no reasoning to confirm them. I will only add, that there is nothing lost by acting upon them practically, while by neglecting them, you lose life.

A very large proportion of cases of Bronchitis, called "Clergyman's sore throat," could be cured, if taken in the beginning; and what is much better, can be effectually prevented by the following precautions: Instead of the uncouth and inappropriate military stock, or the broad and cumbrous cravat, wear around the neck a piece of riband, or some tasteful substitute, loosely tied. This would be sufficient, even in winter. The change should be gradually made; and the habit should be adopted of rubbing the neck and throat well every night and morning, with a coarse cloth dipped in a tea cup of salt water on getting up; but using common cold water on retiring. This operation should be continued five or six minutes rapidly, and sufficiently hard to redden but not abrade the surface. It is in default of such simple, precautionary measures, that many of our loveliest and most efficient ministers are incapacitated for life, or go down to a premature grave in the morning of their usefulness. Let those who are following on take warning in time, and look with serious alarm on any unusual tendency to "clear the throat," or to "have a sore throat," or any burning feeling there, however slight; and in addition to what has been named, to chew a piece of white paper during the day, until the feeling is most thoroughly and effectually removed. The salivary glands are thus excited to pour out their secretions, and lubricate the passages, with nature's own preparation, which is infinitely better adapted to the purpose than any mendicament of man, In this, as in every other ailment, the practice of every reflecting man ought to be, never to take a particle of any thing that could be considered in the way of medicine, if he can possibly get well without it, even though it may require a longer time. There is no medicine that is not a poison, by which I mean, that all medicines are poisonous in larger quantities, and the less of them is taken the better. I do not wish to be understood as being opposed to the use of medicine, but I wish to discountenance the blind, hap-hazard and ruinous practice of taking any thing for any thing. Medicine is essential to recovery from many diseases, but it ought only to be taken as prescribed by a careful and experienced physician. Many persons are tempted to "save a doctor's fee," by taking some medicine which is represented as having this

great advantage over all others, it can do no harm even if it does no good. The experience of every observant man, in matters of this kind, is simply this: that which is taken as a medicine can do no harm, will certainly do no good, and instead of being money saved, it is money thrown away, at the expense of being made a fool of. A good constitution is worth all the world beside, and yet how many are hopelessly ruined every year by unwise delays, or the penny-wise policy of saving a doctor's fee, and swallowing the poisons of quackery. The first great and best method of having a good constitution is to take care of it; the next is to take immediate advice from a respectable physician when it is the least threatened with disease; if nothing serious is the matter he will prescribe no medicine, and if there is a single pill or a few drops, promptly administered, may prevent what gallons cannot cure. But I will just here make a remark, founded on a long, and to some extent painful observation, of that most curious of all things, commonly denominated "Human Nature." If you want good advice, before you ask it, place in the hands of your physician one, or five, or ten, or twenty dollars, according to your estimation of the value of your health, and not according to your supposed ability, or your own opinion of the slightness of your ailment. There can be no more reason for obtaining advice from a Physician for nothing, than from a lawyer. Any one who will reflect on the subject will see at once that it is reasonable and just; the good policy of it is most undeniable. If you value your health as much as your estate, fee your physician as liberally as your lawyer, *in money*, not in promises.

I mentioned a while ago the subject of Dyspepsia as leading to Phthisis.

A lady had troublesome Dyspepsia for several years, ending in obstinate constipation; frequently three or four days would pass, and medicine failing, she was getting into the habit of using injections, and this condition of the system was gradually dragging down the constitution, weakening her every day, with dry cough. A few weeks attention to my directions caused a daily regularity, strength gradually increased, appetite improved, and dry cough entirely disappeared. I used no medicines and no injections; neither for this, or for any of the symptoms of consumption, do I use Blisters, Issues, Seaton's, or other painful remedies.

Having for many years declined the general practice of medicine, and having confined my attention to the treatment

of Consumption, and those diseases connected with or producing it, such as SCROFULA, BRONCHITIS, CONSTIPATION, SUPPRESSIONS, FLUOR ALBUS, FALLING OF THE WOMB, DISEASED LIVER, DYSPEPSIA, and long-continued ill health from whatever cause, it will be apparent that I have many opportunities of making examinations, and witnessing every possible variety and complication of this dreaded disease, its history, its progress, its end. In any given case, I am able to decide with great certainty, whether the person has Consumption or not; and I am not often very far deceived as to the time an individual may live, if nothing is done for him. There are certain signs which present themselves, in the great majority of cases, months beforehand, and when not attended to, death is the inevitable consequence; in no one instance have I ever known them fail. I have known them to appear ten months in advance. Books do not communicate them; they are only to be learned from study, observation of actual cases, and comparison. It has several times occurred to me that persons were declared to be in Consumption, and beyond all hope of recovery, when in two minutes' examination, it was quite apparent that the disease was entirely absent from the system, as subsequently evidenced by a perfect and continued restoration to health, by means which otherwise could not have made such an impression on the system.

To be relieved from such a heavy and gloomy apprehension, when there is no rational ground for its existence, is worth far more to any individual, than the amount elsewhere named for an examination; and although that examination is made in a few minutes, and without inconvenience to the person, or much trouble to myself, I choose that the compensation I receive, shall bear at least some proportion to the benefits which I am able to confer; especially as I have spent many of the best years of my life in preparations necessary to my calling, and selected so hopeless a branch of medicine, that few dare attempt it under any circumstances. To Consumption I confine my investigations, my reading and my study, by day and by night, at home and abroad; and as I always have cases on hand in every stage of the disease, I know precisely every step that is taken, the result of every new symptom, and whether it be for life or death. In saying these things, I do not wish to assume to myself any exclusive ability beyond what any common capacity may acquire, whose facilities of observation have been equal to

my own; for the indications are so distinct, so striking, so uniform in the great particulars, that it is impossible, under certain conditions, to be mistaken.

I do not claim to myself an exclusive ability to cure Consumption; nor do I choose to speak against the plans of practice which other gentlemen of the Faculty may have adopted to master the disease; I never will designedly throw an obstacle in the way of another. I am doing well enough, and the pure satisfaction my own success gives me, and repeated as often as I meet, months and years afterwards in health and gladness, those whom I have saved, leaves me no time or inclination to mar it for an instant, in speaking unkindly or disparagingly of the mode of practice adopted by others. But this I will say, that there are certain general principles of practice to be observed, without which, up to this hour, Consumption never has been cured by any man; and by these alone it may be cured in many instances, but in addition to these, there are several things peculiar to my own mode of practice which others have never known, which leaves their chances of success, in any given case, immeasurably behind me; and the instant it can be reduced to such a system, and be presented in such a manner that an improper application of it cannot be made, it shall be presented to the world free for all; for many a system or invention, fraught with blessings to millions, has been retarded for a century, or crushed forever, by presenting it to the public before it has been fully matured, in consequence of the opprobrium thrown upon it by ignorance, prejudice or envy. Even now a man who professes to cure Consumption, is regarded with an ominous shrug, or an incredulous smile; but Galileo was chained in a dungeon, because he declared that the earth moved in an orbit; and Harvey lost a practice worth twenty thousand dollars a year, in London, for saying that the blood circulated,—but notwithstanding, the world does move round, and blood still courses through human veins. And so it is in relation to the system of practice proposed by me; it is safe and effectual, although the multitude, from prejudice or incredulity, may refuse its trial, or procrastinate even its examination. Every body believes that Consumption cannot be cured, because every body else believes it; and until this impression is superceded by a wiser and more humane sentiment, the great multitude will continue to court, by their inactivity, a weary, wasting, wretched death; while only here and there one can be found, possessing the moral courage and energy of charac-

ter, sufficient to breast the prejudices of the many, and make a determined and steady effort of weeks, and even months, if need be, to master the enemy, and live, and be young again.

My patients are mainly of two classes. The first, are those who apply to me in consequence of the benefit which some one of their friends or neighbors, derived from my plan of treatment: these come without prejudice, cheerfully and confidently. The second class are those who, having tried every body and every thing they could hear of, without any permanent advantage, are determined to keep on trying, feeling perfectly convinced they will certainly die, unless they do something, and seeing at once that my method of treatment is neither painful nor dangerous, they are satisfied that at all events, there is no risk to run, nothing to lose; while on the other hand, they may gain life; and that inasmuch as I propose to cure the disease, and attend to nothing else, I am more likely to succeed, than those who do not believe it can be cured at all, and consequently make no effort to accomplish it.

TO PHYSICIANS.

I have some ambition to maintain at the highest standard the true dignity of the medical profession. It was my privilege to graduate many years ago in one of the two first medical schools in the Union, after having received a second Collegiate degree. The Faculty at that time was composed of men who possessed to an unusual extent the "pride of profession;" and no small portion of their teachings were directed to the inculcation of an open, friendly and dignified professional intercommunion, liberality of opinions, and "a spirit of inquiry, always anxious to learn, and willing to receive information from any source." Such teachings make a ready and lasting impression on the minds of young men, because such principles are rational and manly. In carrying out these principles, I have made it a uniform practice never to disparage the profession in general, or the practice of any one physician in particular, in any instance. My success does not depend on the depreciation of another. If in any particular case, the plan of treatment has not been such as to meet with my approval, I am satisfied to believe, that there might have been conditions at the time of prescribing, not now appreciable, which rendered the course pursued not only un-
harmful, but absolutely necessary. And I have uniformly found, that he is destitute of any solid merit, who, in order to gain the confidence of the family, makes the first step by

depreciating the practice of his predecessor, whether by a shrug, a hem or a direct assertion.

I have been led to make these remarks, because many persons have applied to me after having been discouraged from doing so by their physician, who not only knew nothing of my plan of treatment in general, but could not know what would be my course in relation to any particular case; for every person requires, in some particular or another, a modification of treatment; no two are ever cured in precisely the same way. Now this is not a generous course, for he does not know what I will do in any particular case, and of course cannot tell whether it would be proper or not. He acknowledges himself unable to cure the disease, because he does not believe it curable. But it must be evident to any one who will reflect for a moment, that as I make it my whole study, and have for years, at home and abroad, I am more likely to know something about it, and be able to cure it, than one who knows little or nothing, and does not attempt a cure. I cannot but think that many of those who so readily assert the incurability of Phthisis, are those who feel very sure that they themselves have no symptoms of the disease, and have no life to lose by doing nothing. I have no objection to a man's declaring his inability to effect a given object, but I have an objection to his declaring that no body else can; it indicates a very striking want of a virtue which all who are truly great largely possess.

My uniform custom, and one which affords me a great deal of satisfaction, is to speak disparagingly of no system or practice, which I have not had the opportunity of deliberately investigating for myself. It requires a previous marshalling of belligerent and angry elements, to speak or write against a man or system; and I do not choose that my own quiet flow of happiness shall be interrupted in any such way. I could not under any circumstances, bring myself to abuse any given system, when I knew nothing about it; that is, when I had not an opportunity of examining it carefully and fairly for myself; for there might be a great deal of good in it, and I should be sorry to stop the smallest flow of good to a world so full of ill as ours. Besides, I do not see how I could be honest, and abuse or depreciate a thing which I knew nothing about, whether in Medicine, Religion, the Arts or any thing else. If on investigation I find no good in a system, I choose to let it alone, for there might be good in it, which my want of enthusiasm or perspicacity, prevented

me from discovering. And more, my time is more agreeably and fully occupied in endeavoring to extend the benefits of my practice, or in contemplating the good it has bestowed on others, who placed their lives in my hands.

In order to give a general idea of the kind of complaints for which persons apply to me for cure, I will present a number of cases from my note-book, all of which occurred within a few days, and consecutively. I do not mean to say that these persons believed that they actually had Consumption, very far from it, not one in an hundred believes any such thing--until he is dying; they very readily admit that they may have some symptoms which might end in Consumption, unless something is done to remove them; but as for having actual Consumption, a man would as soon admit that he was dead already; indeed persons frequently exclaim, "Doctor, you don't think that I have Consumption, do you? I'd rather be dead at once, than to be wasting and wearing away for weeks and months together, and die by inches." Such is the just horror which prevails in relation to this malady; and I freely confess it is a terrible mode of putting off mortality. Nor have I found it in general to be that quiet, painless sinking into the tomb as frequently described; but it is to be perfectly conscious of every thing passing around you, except of the fact that you are dying; the man is too weak to turn upon the side, or scarce raise the hand; he seems as if he wanted strength to die; the feeblest whisper requires a painful effort; large masses of putrid lungs are forced up into the throat, and there gurgle and rattle and accumulate, until the air-passages are closed and threaten suffocation; one deathly effort to cough, and it is cleared away, and he breathes once more, but so exhausted with the exertion, as to be almost unconscious of life; and no sooner does he begin to live again, than there is another accumulation, and another suffocation threatened; this alternate labor and short repose is continued the live long day, and through the wearying hours of night, until at length the exhaustion is so complete, he cannot cough; a faint effort to do so, only brings it up far enough to fall over into the throat, and descend into the stomach a putrifying mass, whole pints of it together, in a short time! even this method of riddance is cut off, for there is not the strength to make even the preparatory effort at a cough; and the wind-pipe fills up, less and less air passes along it, and the poor wretch in his blindness, (for exhaustion and congestion have taken away his sight,) makes convulsive but fruitless efforts

to raise his hands to his throat, as if to tear away something there which was strangling him to death; a pressure of a million pounds seems to be upon his heaving breast, and he implores you with a look to take him from the bed, to carry him to the window, to lay him upon the floor, to let him stretch his limbs, as if he thought to run away from such terrible sufferings, but it is all in vain; he sees it now, feels it, gives up, falls back, gasps and dies!

This is the death of Consumption, this the fruit of procrastination, of a palliative treatment of cough drops and patent remedies. Under such circumstances, I counsel the reader; if you have any one symptom of the disease, which has lasted several weeks, go to a physician; you need not come to me; go to any careful, judicious and experienced physician, and obtain relief. But to delay from week to week, persuading yourself that it is not consumption, that it is something else, that it may go off of itself after a while, is unwise, is unsafe, it is perfect folly. It is very true, if it may be something else, and it may go off of itself; but if this be not the case, is not the disease eating out your vitals every hour, and the possibility of cure every moment diminishing? If it be something else, apply to your physician, have it removed at once, and be done with it; but if on the other hand it is not thus readily removed, you are in terrible danger, especially if any of your immediate relatives have died of the disease; for any symptom, even the very slightest of a lung affection, in persons of a consumptive family, is the herald of death, unless removed; whereas, under other circumstances, it would scarcely deserve a passing notice.

CASE 1. 133.

Rapid pulse; bad taste in the mouth on getting up; pain in head sometimes; good deal between the shoulders; also in the side; occasional soreness at the pit of the stomach; frequent chilliness; burning in hands and feet often; difficulty in breathing sometimes; severe cough every morning on getting up; coughs on exercising; exciting nausea and vomiting often; expectorates several table spoonfuls of a thick, hard or heavy, dark colored matter in a day; has had very exhausting night sweats; considerable palpitation of the heart; was attacked with bleeding of the lungs, several pints at a time; of a consumptive family.

CASE 2.

Frequent pains in the head and side; soreness and hot burning in the breast; chilliness; hands and feet burn; bad appetite; bowels costive; sleep is restless and unrefreshing; cough; weakness in the limbs; general debility; fair complexion; light hair and blue eyes.

CASE 3.

Married lady, aged 36; pulse very rapid; has had good deal of pain between the shoulders; also along breast bone; expresses a feeling of "goneness" at breast; coughing, especially after a night's perspiration; pains through the breast; general chilliness, cold hands, bowels constipated, very poor appetite, sleep interrupted, very nervous, great and frequent oppression, cough very troublesome on lying down or getting up, often exciting vomiting, expectorates several spoonfuls of a yellow, dark greenish thick heavy stuff every day, frequent spitting of blood, night sweats all the time, frequent palpitations.

CASE 4.

Burning feeling within the breast; great chilliness; variable appetite; irregular bowels; sleep is restless; considerable nervousness; troublesome cough; has had spitting of blood several times; great debility about the breast.

CASE 5.

Law Student, aged 26. Pains in the back, head and between the shoulders; feeling of a weight pressing on the breast, on lying down at night; pain in the side; coughs, if lays on that side; pain in drawing a long breath; pains through the breast; chilliness; burning in the palms on going to bed; cough is very troublesome on lying down and getting up; wakes up in the night to cough; spits up several tablespoons of yellow matter in twenty-four hours; palpitation for several years; was taken with influenza, sore throat at first, then cough, then spitting of blood and great weakness in the chest; brought on by sitting in a cold damp room all day.

CASE 6.

Married gentleman, aged 28, an Exchange Broker. Quick pulse; an indescribable taste in the mouth of a morning; weakness in the back; pain in hinder part of the head; sometimes a sharp, shooting pain between the shoulders;

feeling of tightness, binding, heaviness, along the fore part of the breast; pain in the side and through the breast frequently; a settled pain at the lower part of the breast bone, accompanied with a feeling of heaviness; chilliness; heat in palms and soles; appetite variable; irregular bowels; sleep always restless; exceedingly nervous, restless, fidgetty; cough; great tickling at the bottom of the throat.

CASE 7.

Rapid pulse; dry white tongue; very frequent pain between the shoulders, in the side, and along the breast bone; and occasionally through the breast; chilly; feet always cold; burning in the hands; cough very troublesome in the morning, exciting vomiting; expectorates a bad yellow matter; has had several attacks of spitting of blood; frequent night sweats; weakness about the legs and knees; can't walk much without weariness.

CASE 8.

Pain and weakness between the shoulders; fullness in the breast; great chilliness; heat and dryness in the hands and feet; appetite changeable; bowels irregular; sleep interrupted by cough; cannot rest on the side; shortness of breath; very troublesome, tickling cough, exciting nausea and vomiting; expectorates several table spoons of thick, yellow matter every day; frequent spitting of blood; brought on by exposure to rain and cold.

CASE 9.

Principal ailment a fixed pain in the side of long standing, and very troublesome cough, with weakness.

CASE 10.

Rapid pulse; pain between the shoulders, and very much along the breast bone; pains in both sides; always chilly; very troublesome cough; spitting of blood; night sweats; difficult breathing.

CASE 11.

Pain in the head and back; great oppression, and drawing in feeling at the breast bone; pains in the left side and through the breast; cough is very troublesome, excited by drinking water; spitting of blood several times; difficulty on lying on one side.

CASE 12.

Principal ailments pain in the side, cough, and spitting of blood.

CASE 13.

Pain between the shoulders, and through the breast; fullness along the breast bone; cold feet; irregular appetite; bowels costive; shortness of breath; night sweats; distressing dry cough for half an hour in the morning, on getting up; great weakness.

CASE 14.

Much as above.

The preceding are fourteen consecutive cases from my note book, opened at random, and show better than could be done in any other way, the nature of that class of disease, which falls under my care. No one can read them without being impressed with their general similarity, and a remarkable tendency to the lungs, as the centering point of almost every symptom. Every man of intelligence must acknowledge that these are the symptoms which, with great uniformity, precede and accompany consumption; which, if unchecked, end in consumption. Now it so happens, that nearly every one of the above cases remained with me but a day or two, or three at farthest, and after various intervals they write thus:

DEAR SIR—I am glad to write you, that I have improved very fast; and hope to keep on; have ceased to spit blood since the 20th of May; I feel strong, have a good appetite, and sleep well; my breast is without pain, and I am in great hopes that I will soon be sound and well.

Your most thankful and obedient

T. H.

DEAR SIR—I feel pleasure in informing you, that I am much better since I commenced your treatment. I do not feel the pain in my breast near so much; and then it is transient, as also the pain in my side.

I am, &c.

M. G.

DEAR SIR—I commenced using your remedies according to your directions, as soon as I reached home; and in two or three days found the pains leaving me. The severest pain was in my left side; I am clear of that; and the pain in my back is but slight; my bowels have become regular, my cough is less troublesome, night and morning, and I am not so weak in my breast.

With my best wishes, &c.

H.-M.

DR. H.—Sir: I have the pleasure of writing you, that my health is improving very fast, notwithstanding the length of time I was without some of the remedies; I have observed your directions punctually in every particular; the cough is less frequent; expectoration easy; the fever has left my hands; I have a good appetite and feel well. I have no doubt of getting well, by perseverance and strict attention to the directions given me.

I remain yours, &c.

H. K.

DR. H.—Dear Sir: On my arrival home, I commenced following your directions. My habits have become regular; I have scarcely any pain in my left side; that heavy pressure in my breast I feel but little, and that, only occasionally; the tickling in my throat I feel only once in a while; can sleep much better than formerly, &c.

J. H. A.

DEAR SIR—My cough is a great deal better than when at your office; I am entirely clear of pains and fever; I cough but very little, expectorate but little; have no night sweats, and am improving very much in strength; the tickling feeling in my breast has entirely left me.

I remain, &c.

J. H.

DEAR SIR—I continued your prescriptions with manifest improvement, until one evening while it was raining, I was attacked with a chill and subsequent fever, but since my recovery from that attack, I have resumed the use of your remedies, and shall continue them until no longer necessary. I believe I would now have been nearly well, had it not been for that most unfortunate attack. I still have some cough and expectoration, though my cough is neither violent nor frequent. I have no pain in the side or breast; sometimes feel a little sense of oppression in the chest, and occasional soreness in the upper part of the throat.

Very respectfully.

G. P. JAMES

DEAR SIR—I commenced on Monday the use of your remedies according to your directions; I have had no pain in my side, breast or shoulder since, excepting two or three times, I felt a little of it; nor have I had that indescribable and miserable feeling in the back part of my left side, running up to the top of the shoulder. I have scarcely felt any sensations of fullness in the Bronchial Tubes and Lungs,

that I have been so much subject to. I can attend to my business with but little inconvenience, and can lie on my left side with nearly the same comfort as the other. I sleep well, appetite is good and digestion also.

Most respectfully, yours, &c.

S. A. P.

The preceding extracts, with one exception, are from letters written by those whose symptoms were last detailed, and within a month after the commencement of my treatment. It so happened that none of them remained with me but a day or two; the cases were taken at random and successively, the letters were written casually, in compliance with my standing requisition, that my patients keep me informed of their condition. These things together, clearly and correctly show, the class of patients who apply to me, and demonstrate how soon and how readily those symptoms yield to my treatment, which, when left unchecked, go on to confirmed consumption; and when I think of this, together with the terrible nature of the disease, I am utterly amazed that so many will carelessly allow their ailments to be untreated, and fix themselves in the system immoveably, and that, too, when a small amount of time and money, judiciously employed, would place them beyond danger. It seems to me, that were I threatened with so dire a calamity, I would walk the world on foot, and live upon the roots which I could dig from the earth with my worn and lacerated fingers, even were there a small hope of escape. And yet, when I with a painless treatment, and a few half hours of daily expenditure, do so often and so perfectly remove the danger, men are held back by their prejudices, by their avarice, by their want of moral courage to admit the presence of the danger and meet it at the threshold; but delay and delay in the random reflection that it may be something else, and pass of itself away, forgetting that if it be not something else, that every hour the fell disease is fixing its talons more deeply in the vitals to drag them out with a more deadly certainty.

There exists in my own mind not the slightest doubt, that if taken in time, Consumption is as easily, as certainly and as often cured, perfectly and permanently cured, as bilious fever. I mean by "taking it in time," before the lungs are extensively covered with tubercles, or before they begin to give way; this last is generally told by yellow, dark, or green, thick, heavy expectoration; but inasmuch as

sometimes half a lung has been eaten out without any observed expectoration at all, the only safe plan is to apply for examination. When certain signs exist, I can ascertain this point infallibly, and not ask the patient a single question. If, on the other hand, tubercles have been extensively deposited, I can as certainly ascertain that point also, as that I can see the cloud, or the sun shine. It is impossible for nature to conceal the fact, from a practiced observer; it is a matter of sensible ascertainment. If there are tubercles, or if the lungs have begun to decay, and left running sores or excavations, I cause the tubercles to disappear, and the cavities to heal up perfectly, (if small,) but if those cavities are large, their progress and increase is arrested indefinitely, and the person may still enjoy a considerable degree of health for years. Dr. Combe assured me of his unqualified belief of this fact, in his own house in Edinburgh, in the case of a brother, who writes me in a letter of recent date, that fifteen years ago, a large portion, almost the whole of one side of his lungs, was lost; but that the decay was arrested, and by proper means, has been kept in check up to the present time. Marshall Hall declared to me, at his office in Manchester Square, London, his unalterable conviction of a similar truth; as also M. Louis, at Paris, Stokes, in Dublin, and others not necessary to be named. Evidence like this, and from such great minds, should carry with it an irrepressible conviction of the unqualified truth, that in the last stage of consumption, when the lungs are actually in a state of hourly decay, the progress of the disease may be arrested, and health be enjoyed for scores of years.

This is encouragement for all to make an effort, as they do not know to what happy result it may lead. Dr. C. was confined to his bed, and assured by the first practitioners in Scotland, that he must certainly die in a few weeks, because his lungs were gone;—twenty years have passed, and he still lives, and I sincerely hope that there are many more years before him, during which he will continue, by his writings, to enlighten and happyfy the race. A distinguished Judge, who did not expect to live a month, whose lungs were a mere shell, applied to me for aid, hopeless of being benefited; I arrested the decay, caused the remainder of his lungs to be brought into requisition, to do double duty; years have passed, and he yet lives, enjoying a state of health and happiness which he has not known for many years.

While I mention this to show, that in extreme cases, there is often rational ground for a hopeful effort, I desire to afford not the slightest encouragement to any one to delay a single hour, if he have protracted cough, pain in the breast, side, or between the shoulders, sore throat, chilliness or general debility, for if he had either one of these long, it is infinitely certain that consumption has begun, and a violent cold or indiscretion may hurry him off in a few weeks beyond all remedy.

CAUSES OF FAILURE HITHERTO.

Why does it happen that physicians so universally fail in their attempts to cure consumption?

The great reason is, they have neglected to make applications to the Lungs themselves, where the disease is seated. They have relied on introducing medicines into the stomach and applying blisters to the skin, using searons, and issues; tartar emetic ointments and such like expedients; these debilitate the system, and in proportion as they do this, aggravate the disease and drive it deeper into the constitution. I have a painless mode of reaching the Lungs themselves, not attended with the slightest danger, or even inconvenience, by which the matter of a cavity is emptied out, and the opposite sides of that cavity brought, and kept in contact, until they heal, on the same principle, that an external wound is healed; and as any medical man knows, in order to make such a process go on speedily and safely, the general health must be kept up at the highest possible point. I have a remedy of recent discovery, scarcely obtained in this country, which in a tubercular diathesis acts with admirable certainty, and which in case of King's Evil, incipient white swelling, general scrofula, and other tubercular affections, is more nearly a specific than any remedy ever known, but as it requires great delicacy in preparation, and watchfulness in exhibition, it is personally prepared, and only afforded to my patients. Under no circumstances can any of my remedies be obtained except by those who are wholly my patients, as they are only most applicable when this character of disease is present, and almost every case demands a modified preparation, adapted to its particular requisitions. This announcement may save persons the trouble of writing to me for remedies, who, in order to avoid the expense of an examination, to see whether they are applicable or not, are willing to employ them haphazard. I must first know what is the matter with a person

before I will allow any preparation to pass from my hands to them. I may and have been induced to examine, and cure persons for nothing, and at my own expense, but to furnish any remedies without first knowing for myself what is the matter, never.

The following extract from a French author, who has had extensive opportunities of making observations in diseases of the Lungs, and who for a number of years has given them special attention, is worthy of all consideration :

CURABILITY OF PHTHISIS.—M. Fournet alludes to his having met with, in the course of one year, no fewer than 14 cases of confirmed phthisis that were cured; besides 10 other cases, in which dissection revealed the traces of caverns that had become perfectly healed.

He goes on to remark, that “these 14 cases of phthisis cured in the living subject, have proved to me—

“1. That certain persons, who have exhibited the most decided symptoms of the disease, in its most advanced stage, may yet be restored to excellent health.

“3. That even hereditary phthisis, in its most advanced stage, is susceptible of cure; although such an occurrence is certainly much more rare than in cases of the accidental disease.

“5. The capital fact which seems to spring from these inquiries is, that tuberculous disease is not, like cancer, essentially incurable; on the contrary, that it is often curable, and that its extreme and most disheartening fatality is referrible rather to the circumstance of its being seated in one of the vital organs of the system, and to its tendency to frequent relapses, than to its primary and essential nature.”—*Idem*.

In corroboration of the first statement, I must say, that the rather contradictory fact has repeatedly forced itself on my mind, that under certain circumstances, not necessary to be enumerated here, consumption is more easily cured in its last stage, that is, when there is free expectoration, and a cavity, than in the first stage, when the prominent and almost only noticeable symptom is a constant, distressing, dry cough.

The fifth observation contains a most truthful cause of failure, and merits the most mature and encouraging reflection.

Another cause is, that persons are so loath to admit that they have the disease, and consequently to do anything for it, that their condition becomes desperate, before any proper attempt is made to save. It should be remembered that not even Bilious Fever is cured, if you wait till the patient is dying, before you do anything.

Why is it that persons so pertinaciously refuse to acknowledge that they have consumption? Simply because physicians and friends believe that it cannot be cured; and his assenting that he has the disease, would be the signal for their remitting all efforts to do him good, to abandon him to death by letting him alone, or recommending him to take a long journey somewhere, to perish away from home and among strangers, forgetting the beautiful orison of the Orientals at parting with friends, "May you die among your kindred!"

USEFUL OBSERVATIONS.

I sometimes fail to be of any essential and permanent advantage to a patient, but from a cause which is rather gratifying. A man applies to me in alarm. He feels the necessity of a serious effort. In a day or two, the remedies begin to take effect, and he steadily improves, until most of the symptoms have disappeared; he feels now, that the danger is past, becomes remiss in the means which he is convinced were saving him, employs the increased health and vigor given him, in the indulgence of pleasures, appetites, &c., falls back in discouragement, despairs, and dies. Doubtless the reader feels "such a man ought to die." May the sentiment not condemn you.

It not unfrequently happens, that those who are most dangerously affected, get well most speedily and certainly; and simply because they adhere more closely, to all the directions given. Those who have least the matter with them, are the most troublesome, and most difficult of cure.

As a general rule, those who see me but once, and go immediately home, to carry out the prescriptions given, do best in the end. And for this reason, they steadily pursue the course marked out, without deviation, without allowing their attention to be diverted to accidental, but temporary ailments. On the other hand, those who have nothing to do, but to brood over their complaints, want a prescription for every trifling irregularity. If a man cannot come to my office, because he is too weak to walk or ride there, he had, as a general thing, better stay at home; for I promise him no permanent relief. A case to be sure, occurs to me while writing this, where the patient was sick two years, confined to the house for six months and to bed for several weeks, could not sit up beyond one hour in the twenty-four, constant night sweats—pulse like a race horse, and abandoned to die of Phthisis by a candid and intelligent physician of thirty years constant practice,

was seen but once, and in two weeks, was able to ride some eight or ten miles to see me in my office without the slightest injury. But such is only an exception, not a rule, owing perhaps to peculiarities which might render its recurrence only a possibility in the practice of years.

It is not designed, at present, to communicate the means employed. It will perhaps be conceded, that for the general practice of medicine, calomel and quinine are the best remedial agents now known, when judiciously employed in proper cases. Yet, who does not know, that they have fallen into disuse in some places; and by many are proscribed, as unfit for employment in disease, and actually poisonous. It is true, mercury may kill in consumption and is injurious in some other diseases; its unpopularity, and that of other great known remedies, arises from the circumstance of their indiscriminate employment by the ignorant, the unpractised and the uneducated. No valuable remedy can be applicable in every stage of one disease; nor can any one remedy cure every malady; and more—there is no one remedy which will always cure any one disease: quackery only teaches otherwise. None but a charlatan would pretend to an ability to remove a single malady infallibly, not even the scratch of a pin, or the shake of an ague. As soon as a remedy is made known, as something like a specific for any given disease, it is not only used without discrimination in every stage of that disease, but in scores of others, in the hope that it may do good in them too; of course, in both instances, there are frequent and inevitable failures; and the remedy, however good in reality, is decried, consigned to oblivion, to be exhumed again perhaps in the next century.

Heat is generated in proportion to the size and vigor of the lungs. Many persons with imperfectly developed lungs and a predisposition to consumption, complain habitually of a coldness of the surface and feet. And many who were in previously good health, become more and more sensible to cold, in proportion as the approach of the disease weakens the functions of the lungs. I have noticed this, both in myself and others, before any other evident symptom had appeared. And *I have seen its further progress arrested*, by a timely use of the proper means, where much greater difficulty would have been experienced, had the warning not been attended to.

Dr. COMBE, of Scotland.

It has then, perhaps, already occurred to the thinking reader, that the presence of scars in the lungs, demonstrates

the cure of consumption in its **LAST**, that is, its suppurating stage, for there cannot be a scar without there had been a cavity, and a cavity is a consequence of suppuration.

Attention is called to the fact, that the cicatrices, so frequently found in the lungs, as proven by the testimony of distinguished men, not only indicate but demonstrate three things: that there must have been a cavity; that it was entirely emptied; that it perfectly healed.

IS IT A PERMANENT CURE?

How is it known, that this system of treatment effects a permanent cure of the disease, since it has been but recently adopted? As a whole, the plan proposed is only of two or three years standing—but it has been maturing for many years, during which time, there have been various changes, modifications and improvements. Some of the means, while yet in their infancy, and of course imperfect, were remarkably successful. There are cases on record, of persons cured in eighteen hundred and thirty-three, who are still living, and ready at any time to give a cheerful testimony to the efficacy of the treatment. These published cases can be referred to at the reader's leisure. But efficacious as the means used were at that distant day, they are tenfold more so now, in consequence of the discovery of new remedies, the advancement of chemistry, and the unequalled improvement in every thing connected with the medical profession. With these advantages, perfect cures are more easily, and much oftener effected; and in numerous instances, can be promised with a great deal more certainty, even when to ordinary observers, all human interference would seem to be unavailing. Cases of this kind, and others, are given to show, that the plan of treatment demands undiminished confidence, and that evidences of its permanent value are daily accumulating.

In general, it is easier for a person who has taken cold once, to take it again, this disposition continually increases, until the facility of taking on that inflammation is so great, that it is produced by the slightest cause, and the subject of it utters the truth in expressive language, "The least thing in the world gives me a cold." On inquiry, it will be found, that this cold continues longer and longer, and becomes more and more difficult of removal. *This is the great premonitory symptom of tubercular consumption*, though not always given. And as in Asiatic cholera, nothing was easier than to subdue it, when the premonitory symptoms were attended

to, so in this other not less terrible disease, it is not less manageable if properly prescribed for, on the first notice of its premonitory symptom, a remarkable facility in "catching cold."

I consider one of the surest signs of consumption already begun, to be a listless feeling, gradually creeping over a person, an increasing slowness in all the bodily movements, ending in a disposition not to move about at all; weakness—easily made tired or put out of breath—with narrow chest or from a consumptive family. Such a person may have little or no cough, spitting or pain, while the bowels, appetite and sleep are more or less sound, yet unless such a state of things is arrested, he will most certainly die of consumption by an under current, silent but steady—imperceptible, but terribly sure, with scarcely any violent symptoms to the last hour.

When I say that consumption is curable, I mean that it is a manageable disease. That it is under the physician's control, when a timely and judicious use is made of appropriate remedial means. All know what is meant when it is said that Bilious Fever is curable; which is, that there is a remedy for it, if that remedy is used in time. And yet every day many die of Bilious Fever. I assert that consumption is curable, with a similar meaning; that I possess a remedy for it, which will be successful when applied in time; but with this difference in its favor, under equal conditions, it is by very far, more certainly and more frequently successful. It must be remembered that in this, as in every other disease, without a single exception in the long catalogue of ills which afflict humanity, there is a point, which, when reached, recovery is hopeless. That point is usually arrived at in consumption, when a man takes to his bed for a great part of the twenty-four hours.

There is an absolutely astounding disposition in men, to procrastinate anything like a business attempt to relieve themselves of threatening symptoms, on the mere probability that they may perhaps not be consumption begun, and may pass off, of themselves. Such persons risk life, on a "perhaps," on which they would not buy a farm at a cent per acre. But suppose they are the veritable symptoms of the disease, is not the death worm working ceaselessly, and noiselessly on?

Many who come to me, represent themselves as having taken every thing they could hear of; and sometimes in incredible quantities, without any permanent benefit. I can

only say, that the practice of taking medicine, without knowing its composition and its nature, except it be from a Physician, is daily and irrecoverably ruining the health of thousands in every section of the country. Medicine, however simple it is represented to be, ought not to be taken, unless a person is really ill, and does not get better by eating little or nothing for a day or two, by frictions, ablutions, cessation from business, fresh air, cheerful company, and a quiet conscience. Probably three-fourths of all our temporary ailments could be happily removed in this way, and without any violence being offered to the constitution. When a man does not improve in a few days, from a course of this kind, he ought at once to take advice from a regular, practising physician. The incalculable mischief induced by the opposite method, of taking physic for every thing, can only be imagined by medical men who have daily opportunities of witnessing the painful fact. The well informed, among all classes, owe a duty to humanity, to abolish, by their example in society, and by precepts to their children, so hurtful a practice.

I have repeatedly found it a most difficult matter to keep from yielding to the solicitations of patients to administer medicine for trifling and momentary annoyances. Such should remember, that it is of not less importance to know when to let medicine alone, than when to take it. I always consider it a great object gained, to restore the patient to health with the least possible amount of physic. It is not only useless, but it is injurious to take remedies for ailments, nine in ten of which would go away of themselves, as soon without medicine as with it.

It is an almost daily occurrence, especially in extensive hospitals, for persons to deny steadily ever having had a pain in the breast or side, and yet, on examination after death, half of a lung is eaten away. A painless consumption is the most deadly. It kills while it lures.

In the cases which I have given, only those symptoms are named which were sensible to the patient, or common observer. Those ascertained by the professional method of inquiry, have not been referred to, as it could be of no general interest to do so. Nor have I given the symptoms on which I rely in forming my own opinion of a case. But no judicious person will form an opinion from any one class of symptoms, much less from a single symptom. In form-

ing an opinion to be relied on, every circumstance which has a slight bearing in the case ought to be taken into account.

Those cases are most easily cured, which are more purely consumptive; and the disease is difficult of mastery, in proportion as it is accompanied with other serious ailments. And this last is the case much oftener than is imagined by medical men even. The most prominent of these are, enlargement of the heart, inflammation, obstruction, closing or hardening of its valves, vessels or other parts, rheumatism changing from the joints to the heart, fistula, gravel, &c. Hence, great discrimination is necessary, especially as there are certain affections of the heart which are speedily rendered fatal by lung remedies, among which may be prominently named inhalations, and mechanical agency, which persons do not hesitate ignorantly and blindly to use. It will not, cannot be denied, that there are chest affections, in which inhalations, freely employed for some days, would produce a speedy, certain and sudden death.

The free and indiscriminate use of Quinine has given me a number of cases of confirmed consumption, where it has been employed in subduing fevers. It is a great remedy in good hands; yet the habit is most pernicious, of administering it without first taking the necessary precaution of relieving the system of the more immediate cause of the febrile condition.

I would have taken more pains, in the preceding pages, to point out the manner in which a greater variety of causes operate in producing the more remote symptoms of consumption, but for the conviction of its uselessness. There are very few cases, in which threatened, or even beginning consumption, could not be most effectually prevented, with comparatively little trouble. In many thousands of instances, little children and youth, the only hope of their parents, are permitted to pine and dwindle and wither away, like a blighted flower, and go down to an uncomplaining and painless death, the victims of a tuberculous constitution. who, by a little proper care, and almost without medicine, might have lived to gladden and happyfy parental age. But so far from taking the disease in time, in its forming stage, men will procrastinate, till the jarring, tearing cough, takes away half the rest of night, and growing weakness of the limbs, and the shrunken chest and stooping shoulder, have placed

them on the verge of the tomb. And even then, for the want of courage to engage with the deadly enemy, the slightest circumstance is permitted to operate as an excuse for still further delay.

But in the hope of saving at least some one fellow creature from falling a victim to the great destroyer, some only son of a widowed mother, whose only hope and tie to life he is; or some only parent to a family of little ones, who, if that parent die, would, with all their helplessness and innocence, be cast abroad homeless and friendless on an iron hearted world; in the faint hope of saving one such, I will name a few symptoms, either one of which alone, should be regarded as the alarm bell of death; and I state them, from a fixed conviction of their truth, founded on repeated observation.

A pulse habitually accelerated beyond the natural standard.

An occasional slight hack or cough, on lying down at night, without apparent cause, as if a particle of dust had got into the throat.

A frequent feeling as if you wanted to do something with the arms, seeking some kind of support for them.

A striking, remarkable weakness, or giving way of the knees and legs on going up stairs, or ascending a hill.

An unnatural acceleration of the pulse, between the sitting and standing position.

To be in a condition in which "the least thing in the world gives you a cold."

When coldness of the feet strikes on the throat, and produces a slight burning or sore feeling.

To be very easy to have a chilly feeling run over you, on going out of doors when it is a little cold.

To feel chilly when you get up from your meals.

To be restless, and "cant go to sleep," when you first retire to bed.

Spitting blood in any quantity, from a drop to a gallon, once in a few days, or weeks, or years.

A feeling of weakness, that has crept on you so gradually, you do not know when it began; and yet, without apparent cause, it seems to be increasing.

No special relish for food, yet no uneasiness amounting to actual pain any where, together with a want of interest in what is going on around you, a growing indifference to every thing.

It frequently occurring that one, two and three days will

pass without a passage from the bowels, unless medicine is used.

Frequently recurring, although slight pains in the breast, side, or between the shoulders.

These are the far off friendly monitors of danger, the faint beginnings of disease. They do not constitute consumption. In some instances they mean nothing, for they pass off in a few days; but when weeks go by, and any single one of them still sticks to you, there is reason for alarm; and not a day should be permitted to pass, until you have commenced measures, under the advice of a careful physician, for its removal. A drop of water may check the spark that would lay the fairest city in ruins, and the unmoved avalanche be kept in its place by an infant's arm, but, a moment's delay, and how resistless!

It may save the lives of some by remarking here, that swellings in the neck; certain affections of the joints called "rheumatic," from their likeness to rheumatism; white swelling; fistula in ano, and some running sores, are often connected with a tuberculous constitution, and if suddenly driven in by external applications, or otherwise, without using constitutional remedies, will settle at once on the lungs, and in a very few weeks develop themselves in consumption in its last stages.

Since the preceding pages were sent to the printer, I have derived sincere satisfaction in meeting with the strongest confirmation of some of the more important sentiments advanced. The following are quotations from a late number of the *London Lancet*, a "Journal which has long been celebrated as the most valuable periodical for medical practitioners ever published, while an uninterrupted existence of more than twenty years has long produced for it a most elevated standing and character."

The Editor, Mr. Wakely, a member of the British Parliament, says in relation to consumption, "WE HAVE NEVER HAD A DOUBT OF ITS CURABILITY. In a former volume, this important question was considered, and the experience which we have since had, fully confirms the truth then expressed, that "Physical diagnosis and pathological research show us that recovery takes place in many cases of true tubercular deposit in the lungs. One fact is worth a cart load of opinions. What then must be the value of the hundreds of accumulated facts which support this view? Thus M. Bou-

det states, that in the post mortem examination of forty-five subjects, between three and fifteen years old, he had observed the cure of consumption in twelve cases.

In one hundred and sixteen individuals, aged between fifteen and seventy-six years, tubercles in the lungs or bronchial glands had become innocuous in ninety-seven cases, and had wholly disappeared in sixty-one.

In one hundred and ninety-seven autopsies, promiscuously taken, he found ten instances in which, at least, one cavern completely cicatrized existed in the lung; and in eight cases one or more cavities were found in different stages of cicatrization.

There can be, therefore, no question as to the curability of Consumption!!”

“The most eminent pathologists of the present day concur in the opinion, that pulmonary consumption is most certainly curable, even in the last and worst stages of the disease.”

AMER. MED. BULLETIN.

The belief in the curability of Phthisis is gaining ground every day, on both sides of the Atlantic, because the facts presented are absolutely incontrovertible; no sane man, (I mean medical man,) can resist them, who will acquaint himself with them. And I have not the shadow of a doubt, that, in a few years, a disease which now destroys one in six of the inhabitants of New York, Philadelphia, Boston, Baltimore, Washington, and of other large cities, and perhaps not a less proportion in the country, will be as often and as perfectly cured, as Bilious Fever. It is true, that the mode and means of cure may be various in different hands, just as any other one disease; fever and ague, for example, is cured by different remedies, but the principles of cure must be forever the same, which in Phthisis are—

To secure the highest possible general health.

To relieve the system of the slightest febrile condition.

To secure a free, regular, daily action of the chylopoietic-viscera, without medicine.

To obtain the absorption of Tubercles.

To evacuate abscesses, and cause their immediate and permanent healing.

To bring about, promptly, an immediate reduction and banishment of all inflammatory action, and at the same time, add to the strength of the patient, discarding absolutely

the employment of any debilitating remedies, even for a single day.

To bring into the fullest requisition the complete and healthy action of every line of lung substance, so as to secure, day and night, without intermission, the largest supply, reception, and consumption, of pure, fresh, bracing air, that it is possible to obtain. These are the points that in every instance I labor to attain, and without which, no case of Tubercular Consumption ever has been cured or ever will be. These objects are to be reached by no routine practice, but by adapting the nature, and strength, and constituents of the remedies, to the particular and varying condition of each individual patient, taking into minute account, in every case, the previous history, size, age, sex, strength, constitution, temperament, occupation, habits and hereditary influences, as far as it is possible to ascertain these facts.

The grand and essential points in any case of Phthisis cured are these:

To subdue entirely congestion or inflammation, and build up the strength of the constitution at the same time.

To promote absorption of Tubercles.

To evacuate abscesses, and bring their opposite sides in contact.

These I can do, and the admirable adaptedness of my remedies to secure these points, has met with the warmest approval by every physician for whom I have ever prescribed, or who has superintended a case for me; and I can, without fear of contradiction, say the same of every intelligent gentleman (patient) who felt interested enough to request an explanation of the remedies and their mode of operation. A Case: I was called to see a gentleman in October, 1843, who had at the time two physicians in attendance. He had been taken sick more than two years before in or near Louisville, Kentucky, where he had several physicians, who at length pronounced him consumptive, and beyond their reach to save. He was sent home to die, lingered on for eighteen months, and was at last confined to the house, growing weaker and worse every day, with cough, pain in the breast and night sweats; he finally took to his bed, and sat in a chair with difficulty, while the attendants could make it up. The physicians had ceased to give him any thing. After I had examined him, and expressed my

conviction that I could do him some good, the elder physician, who had practised many years, declared that if I raised him to his feet again, he would give me a thousand dollars!

In two months, my patient was working out in the corn field, no longer needing my attendance, and is, at this present writing, a stout, hearty man. The promising physician offered to give me any amount, if I would tell him what I did to procure such a change. I replied that I would communicate all in my power for nothing. But so great is the unwillingness of men to admit the disease can be cured, so firmly are people wedded to their prejudices and old opinions, that it may be said of this, as well as other cases, that it was not consumption. Well; suppose it were not, still I saved the man; and I presume he did not care what it was, so he was cured; and if he had died, it would have been all the same thing to him by this time, whether consumption or any other disease had killed him. Truly has it been remarked, when the patient dies, no body disputes he had consumption, but when he gets well, every body does. If you will not admit that it is consumption, until a man is dead and buried, then I confess that consumption cannot be cured. What do you acknowledge consumption to be? Is it that a part of a man's lungs have already rotted away, and the process is still going on? And can that decay be arrested, and the place perfectly heal up with a scar, just as a cut finger heals with a scar? "Odd, bless me," said Mr. Abernethy, "that's a question that a man who had lived in the dissecting room would laugh at:" its a thing to be observed every day of the world, and admits of no reasoning any more than you could argue and go about proving that snow is white.

Others may say "it is not a perfect cure, it will break out again." How do you know that? But suppose it does; suppose I only suspend the progress of the disease for one, two or ten years, is it no advantage to live a year or two? Voltaire is said to have offered his physician half his estate, if he would save his life six months. But I would not have noticed such objections, except to show what utterly trifling things persons speak, when pressed by hard telling facts.

Among the greatest names of the present century are B. F., J. C., A. C. and A. J., each of whom lost a large portion of one entire lung, and lived twenty years or more afterwards; these, and cases under my own hand, are given

to encourage persons in every stage of the disease, to make an effort, for there is reason to hope, as long as they can walk or ride about; at the same time, that men may not presume too much, and foolishly delay, on the vague ground that it may be something else; it must be recollected that there is a stage in every disease, when a cure becomes impossible, and that some cases which appear susceptible of cure, go on to a fatal termination, in spite of every effort to save; for we all are finite, and man is born to die. 'This is true of all diseases, but it is perhaps less true of Phthisis, according to the mode of treatment adopted by me, than of any other malady; because the plan of cure is not wholly dependent on chemical action. But failures will sometimes occur in consequence of circumstances over which we have no control, and which in many instances counteract all remedial means, such as an unsuitable (damp) location, family dishonor, impending bankruptcy, blasted reputation, apprehended disclosures, pent up griefs, brooding over imagined slights; if the mind of the patient abandons itself to such distresses, and will not, or cannot be diverted, then there is small hope of recovery, however susceptible the disease might otherwise be, of prompt arrest and perfect cure. On the other hand, if a man resolutely determines with a cheerful courage that he will not "give up," but will live above the disease, and in spite of it, he will, with proper treatment, in numerous cases, succeed in living many years in comparative health, although he may have already lost a large portion of his lungs.

As to the nature and effects of the remedies employed by me, I may state in illustration, that a merchant of New York applied to me in New Orleans for cough, pain in the side, general weakness, restlessness at night, and unrefreshing sleep; at the end of two weeks, the application of the remedies had such an agreeable effect on the whole system, that he assured me, not only of his conviction that he would certainly recover, but that he should continue a part of the directions as long as he lived, because they produced a freshness and liveliness of feeling to which he had long been a stranger. In a year afterwards, he closes a business letter by saying, "I continue to be well."

Those of my patients whom I have cured, have always at hand, without expense or much trouble, the means of removing any of the symptoms of cold, or stuffing up of the

breast, or pains in the chest, or shortness of breathing, which may arise from accidental causes; and that too with the most perfect safety. Mr. M., a merchant in Pennsylvania, who had visited me but once, eighteen months before, for serious symptoms of consumption, says: "I have nothing to complain of; I have never had better health in my life; I occasionally catch cold, but find immediate and gratifying relief in applying the means obtained from you."

In relation to the cases given in the preceding pages, it is not necessary for me to say whether they were consumption or not; the mere name of a thing is nothing; it is immaterial to the patient what you call his disease, so it is cured. I have told you what symptoms people complained of when they came to me, and under my treatment those symptoms disappeared, and weeks, and months, and years have passed, and they have not returned. What more can any reasonable person require!

In great kindness, then, I advise the reader, if you have had for several weeks any of the symptoms which have been named as the usual attendants of consumption, do not distress yourself about deciding what name to give them; call them any thing you please, that is a matter of no consequence; your great anxiety should be to get rid of them as soon as possible, by the proper application of judicious remedies, and let the mind be at rest. For although you may succeed, in general, in persuading yourself that it is nothing serious, or only Bronchitis at most, yet the suspicion will now and then flit across the mind, at most important times, in the gay assembly, the crowded street, the throng of successful business, or amid the loved family circle, "it may be consumption, how happy if I could only get clear of it!" A single tickling in the throat, or heck of a cough, or momentary pain in the breast, or a speck of blood in the expectoration, will excite these unwelcome thoughts, and amid circumstances of the highest and purest delights, will mar all your joys. Surely it can be nothing short of a species of infatuation, that leads men to live on, with such a tyrant check to their happiest hours, when in a few days or weeks, they might be released from the boding spectre, only from the fear of calling certain symptoms by a certain name, which is groundlessly associated in their imaginations with the same thing, "as being doomed to death."

There can be no doubt, that those who do not practice exclusively in consumptive diseases, do frequently pronounce persons to have consumption, which there is no hope of curing, unless by removal to a milder climate, however inconvenient or impossible such a removal may be, when, upon examination by a more competent and experienced practitioner, no proper foundation for such an opinion existed, as subsequent and speedy restoration to perfect health, by means not intended to reach the lungs, most conclusively demonstrated. The mischievous and cruel effects of an opinion so erroneously formed, can scarcely be imagined; and doubtless, by its despairing influences on the mind, has hurried many a one to the grave, who else might have lived in happiness many years. I will illustrate by a few cases from different sources.

A person had severe cough for some time, and was treated without benefit by several physicians; on examination it was found that a large amount of "wax" had collected in the ear and become hardened; it was taken out, and speedy recovery followed. A straw, or the end of the finger introduced into the ear, produces an active dry cough.

Common Hysteria often produces cough, expectoration and spitting of blood, giving rise to alarming apprehensions of consumption.

Disease of the Liver sometimes occasions cough, expectoration and hectic, and is pronounced, with great confidence, to be "Consumption;" when even a superficial examination might have shown the contrary.

Dry cough, pain in the back and difficulty of breathing, are sometimes caused by hardening of the Liver.

"A lady had a cough and loss of voice; and for two years was shut up in the house, for fear of catching cold, and of course got weaker and worse every day. She was made to abandon her room, go out of doors, eat and drink substantial aliment, and with a little simple medicine got well."

A gentleman had been ill two months, with all the ordinary symptoms of consumption, such as cough, expectoration of a yellowish substance with a little blood, night sweats, pain in the side, falling away, &c., with hectic fever; but it was active inflammation of the lungs, and was cured accordingly in a few days, but by a very different mode of treatment from what consumption would have required.

A young gentleman was condemned by high medical authority to go to the island of Madeira, as 'nothing else

could save him;' but his business required his personal attention, and besides, he was going to be married. On seeking new advice, he was counselled differently, got well in a month, and is now the father of a family.

Another person had consumptive symptoms; was shut up in a warm room, dieted and physicked, waiting for a vessel to go abroad. A different course was recommended. In ten days his cough disappeared, and at the end of five years had not returned."

Indeed, it is a very easy thing to say that a man has Consumption, and in order to get clear of a troublesome case, that is not understood, send him away from all the endearments of home and kindred, as the only possible chance for him to get well; but when people from a distance come to me, and I find their lungs are affected, if I send them any where, I send them back home; it is the best place to die at, if one must die. It is a terrible thing to die among strangers; in the sufferings of weary days and dreadful nights, to have no friendly look, no kindly smile, no tone of tenderness to go down with you into the darkness of the tomb. Instead of a mother's angel ministrings, to extract from voracious hirelings their impatient attentions; no sleepless anticipations of a thousand little wants, nor look, nor tear of sympathy. I have sat by the bed side of the "stranger" alone, in the weary hours of midnight, and closed his eyes in the long sleep which knows no awaking, for no one seemed to care how or when he entered on the unending journey. "Can I live to see my mother once more?" said a young gentleman of wealth and promise, on his way to one of the West India Islands. "No, my friend," said I, "it will require until Tuesday for a letter to reach her, and you cannot live till then." "Well, it is hard, I did not think I was so near the verge." And yet he had left mother and sister, and a home that commanded every comfort, many hundred miles behind him. He died on Monday.

A worthy and respectable gentleman from Ohio arrived in New Orleans, on his way to one of the islands of the Gulf, for the benefit of his health, having left behind a young wife and child. He consulted me merely for the purpose of enabling him to continue his journey. "My dear sir," said I, "you are not able to leave your room, and probably will not be." "Write to my wife, doctor, and tell her to come to me and bring our child along." "My good friend," I replied, "it would afford me great pleasure to do any thing you

may desire, but you are in a worse condition than you are aware of, and under the circumstances, I feel compelled to be candid with you, you cannot possibly live but a few hours." He died that night. These cases are given to impress the reader with this fact, that if you are so far gone with the general symptoms of consumption, that your physician can do no more than advise you to go to sea, or to a milder climate, you are too far gone to recover your health by any such indefinite and hap-hazard prescription. And under such circumstances, the only possible chance of your getting better, is to remain at home, where you can have every comfort and every attention which affection can bestow. If with all these little but essential aids you do not improve, how can you expect to be restored, when subject to the innumerable discomforts and exposures inseparable from invalid journeying, to say nothing of the hourly and irritating annoyances which always accompany hired attentions, while the only counteracting influence to all these, is a milder climate. I will here state one fact, of a thousand like it occurring yearly, which every consumptive, by which I mean any person who has had for some time any one serious symptom of consumption, should give the most candid and mature consideration before he decides leaving home and friends and country. Several years ago, while at Matanzas de Cuba, on a visit from Havana, I frequently went down to the wharf early in the morning and in the cool of the afternoon, but seldom went at any hour, without seeing a young man at the farthest extremity of one of the piers intently gazing seaward; he seemed to notice nothing of all the busy bustle and merry song of the workmen about him. I sometimes endeavored to catch a glimpse of some object on the distant sea, but whether I observed any thing or not, he appeared to feast on the very nothingness with so fixed a look, and yet so mild and gentle, so full of melancholy, that I at length became interested in his history; it was this, he was from Boston, had had a bad cough for some time, which had begun to undermine his health before he left home. He had heard a great deal of the refreshing breezes of Cuba, its orange groves and its flowers, its spicy odors and its eternal spring, and felt assured that if he could only get there, his return to health would be speedy and perfect. But after a few days he began to discover that there was no charmed influence in a Cuban atmosphere, that he was not perceptibly better, but rather growing weaker, and was reluctantly releasing his hold on the last cherished

hopes of life. His only expectation now, his highest wish was, that he might see home once more, and have his mother beside him when he died. "I am willing to die," he used to say to me, "if I could only die at home!" He was expecting a vessel every day, and as day after day passed, by, and it did not arrive, he used to beguile his weary hours by looking in the direction of his own loved Boston—it was all that he could do. Whether he ever saw it again I never learned. And it cannot be denied that such is the history of three-fourths of those who visit the islands in the hope of removing consumptive symptoms. They indulge in the most extravagant anticipations of rapidly regaining health, and soon returning to the loved behind them, with the rosy cheeks and the freshness and strength of youth, and begin in advance, to drink in the fond congratulations which they will receive from kind hearts at home. But when day passes day, yet brings to them no life-giving influences; and one by one their fond imaginings fade in the distance; when the unwelcome reality forces itself upon their attention that they are homeless, friendless, sick and sinking, among strangers in a strange land, hope sinks within them, and all is over—when such is the history of whole ship loads every winter, I cannot conceive of any adequate cause for that infatuation which repeats ceaselessly from year to year in reference to consumption, "you must go to a milder climate."

When a person is determined that he will go from home if he can possibly get away, my advice is "go north." I know very well that nobody will take the advice, and hence the giving it will not interfere with my practice in a Southern city; it requires a generation to dislodge what "every body believes." But if an observant physician will think awhile, without prejudice, he will discover that cold air is purer than a warmer one, that under equal circumstances the more pure air a man consumes, the better health he will enjoy; that the larger amount of lungs a man has, the more air he can consume; much more than has the consumptive, whose disease is a deficiency, in quantity and action, of lung substance, an urgent need for the largest amount of pure air. If you shut a consumptive man up in a warm room, he never will get well. A uniform, cool, dry atmosphere, away from piercing winds, is infinitely preferable to Cuba, or any other latitude south of the thirtieth parallel. A consumptive will sooner get well in Greenland, qualified as above, than in the South. But if you cannot get to a cold, dry, uniform and

still climate, it is better to go South to a dry locality, than to live in Kentucky, Ohio and other States, where the winters are wet, cold, windy and changeable. But with my mode of treatment, persons may safely reside in these States, especially if they remain with me a week or two, and learn how to carry out my principles of practice. In fact, I frequently write to persons with a particular class of symptoms, not to come to me at all; that I can cure them better where they are; and subsequent success has shown the correctness of my advice.

Two lawyers visited New Orleans several years ago, both had consumption unquestionably; one aged twenty-two, the other about thirty-five. The younger was able to walk about very conveniently; had a full face with no particular symptom, except an unfavorable pulse, frequent fevers, and a constant, distressing dry cough; these he had been troubled with for several months; both parents remarkably healthy and well made. The elder had been an invalid for several years, cough vomitings, night sweats, spitting blood; sometimes blood and matter together; at other times a heavy yellow matter, to the amount of a quarter of a pint in twenty-four hours; his clothes hung on him like bags, and he was too weak to walk an hundred yards. They being friends, held a consultation whether to apply to me or not. It was at length decided that the younger, as he was stronger and better, should go to Havana, especially as he wanted to see the country; the elder came to me, remained a few days, returned home, closely followed my directions for three months, and has not had better health for many years, than he enjoys at this present writing. The younger went to Cuba, remained three months, returned home and died. I know that one fact proves nothing in medicine, but similar cases are constantly occurring, and force upon the most unwilling mind, the conviction of the advantages of my mode of treatment, under every view that can be taken of it.

One year ago to-day, a merchant, M. M., Esq., from a Northern city, applied to me; his general symptoms were pains between the shoulders, oppression in the breast, difficulty of breathing, considerable emaciation, pains in the side, great chilliness, tickling cough, and of a consumptive family. I heard nothing of him for twelve months, when I received a letter from him saying, "I used the remedies you gave me as directed; my general health and appetite are good, and I believe every thing like a tendency to consumption, is re-

moved." This was a case where the symptoms had been gradually becoming more aggravated for two years, and when in addition to this, it is remembered that several members of his family had died of the disease, it should be regarded as a beautiful illustration of the facility with which persons may relieve themselves of suspicious and threatening symptoms, even though of a hereditary character. And it is in the contemplation of cases like these, in which the happy effects of my plan of treatment are seen in restoring the health or protracting the lives of those who have applied to me, that I still propose with a cheerful confidence, to do all that is in my power to bestow upon those who may come hereafter, the like great advantages.

T. Y. P., of A., a young gentleman of great moral worth and personal accomplishments, consulted me for pains in the breast, and about the shoulder blades, oppression in breathing, a troublesome morning cough, daily expectoration of several spoonfuls of yellow matter, and repeated attacks of spitting blood; several large mouthfuls at a time, and quite red. I have not seen him since the first week. At the end of six months, he was no better; on inquiry, I found that for a short time he had faithfully observed my directions, and was "apparently much improved, most of the unpleasant symptoms to a great extent disappeared, but the cough was never entirely removed; there still being a slight tickling during the day." And strange to say, that although doing so well, he remitted his exertions at the end of a few weeks, and the symptoms returned; he became dispirited, and might have died, but I encouraged him to try again and make a more determined and protracted effort; he did so, and in the course of a year writes :

"DEAR SIR—Your kind favor was duly received. Accept my thanks for your continued interest in my welfare, permit me, &c. My health continues comparatively good, and I am surprised at it myself, considering my long continued and close confinement at so unsuitable an occupation; scarcely any pain in my breast or side, no bleeding, &c."

But I presume it is scarcely necessary to give other cases, or present other extracts; the design I have had in view in offering so many, was simply to show what kind of complaints those have who apply to me, and the frequency and ease with which they are removed; and if it will be instrumental in leading but a few to make an effort to save themselves from a terrible disease, and an untimely death, and

thereby secure long years of pleasure and of gladness yet to come, then shall it be my happiness to believe that I have not altogether lived in vain.

Persons inquire frequently, if I would advise a sea voyage in cases of actual consumption. I do not, because it oftener aids to kill, than cure. Those who have tried it for the removal of consumptive symptoms, have so often assured me of its inadequacy, that although once an advocate for it, I have been compelled to abandon it from the multitude of strong facts against the practice. Many seem surprised that I should not be in favor of breathing the fresh air as it came from the ocean, and begin with great energy to reason about its purity, and to theorize about its freshness and bracing nature. Now I do not argue with people; it is troublesome, and seldom does good. Those who love argument, seek for victory and not information; and I have generally found that men are oftener reasoned into their opinions than out of them. As for theories, I am afraid of them. They all appear plausible enough, until you come to look at the items which compose them. It constantly happens that a theory is proposed, criticised, abused, pruned, trimmed, embraced, defended, fought and died for; when some new fact is brought to light, sweeping away its broad foundations, and in a few years afterwards, we can scarcely persuade ourselves to believe so great an absurdity ever had an advocate. Revolutions like these are constantly going on in every department of human knowledge, and he perhaps is the wisest, who keeps himself unwedded, and follows without reluctance, wherever well authenticated whole facts may lead him.

But to return to the benefit of the pure ocean air in Tubercular disease. I have elsewhere declared with sufficient plainness, that without a large and frequent supply of fresh air, no consumptive person ever did get well--nor ever will. But I have travelled many thousands of miles, in all kinds of sea craft, for months at a time, and have never yet found fresh air on any ship that ever floated, unless in the main top, and invalids do not often mount such places. I do not mean to say that there is no pure air at sea: but I do assert, that invalid passengers never get enough of it to do them any material good. Let any ship traveller look at the items of a voyage. You are in the cabin while you eat and sleep and lounge, which, at the very lowest calculation, is twelve hours, supposing the weather, ever so favorable. But how many days in a month is it suitable weather for an invalid to be on deck

in any latitude? Three-fourths of the time it is too hot, or too cold, or windy, or rainy, and were it neither of these, every morning, as regular as the morning comes, the decks are too damp for an invalid to stand or walk on, until a long time after breakfast; and thus the freshest and loveliest part of every day is lost. As for taking exercise, it is a thing almost impracticable; for in the first place, there is no time; and if there were, there is no place; and were there both time and place, you can't do it to any serviceable extent; for if the weather is fine, the greater part of the deck is occupied by the men repairing the sails or other rigging; and if the weather is foul, you do not want to be there. It is true that passengers have the privilege of the quarter deck, but I do not consider that much better than walking around a tub, bottom upwards. There is only one conceivable way by which a consumptive person can be benefited by a sea voyage, and that is by performing sailor's duty, and living on sailor's fare, regardless of weather, taking it as it comes; making it however an indispensable consideration, to have full, regular, uninterrupted sleep, dry and warm, and never go below decks. But as not one consumptive in a million would have energy enough to undertake such a means of cure, it is not worth while to recommend it. Nor is a residence on the coast any better, because all coast situations are subject to sudden and piercing cold winds, producing chills, colds and pleurisies—counteracting in an hour, the benefit of a whole week's judicious nursing. A cold, dry, uniform, fresh, still atmosphere, is the grand desideratum for a consumptive, and to secure this, should be his only inducement to leave home for any length of time; and when by suitable remedies, in careful and experienced hands, the system is first placed, and then kept in a condition to derive the greatest advantages from these circumstances, the restoration to health and life and friends, will be with great uniformity, speedy, regular, perfect and permanent, under suitable modifications.

A revolution must necessarily take place both in the theory and practice, in relation to consumption of the lungs. Medical men must admit its curability, and then have energy and ambition enough to attempt its accomplishment. He is not worthy the name of a man who says of any thing desirable under the circumstances, "it can't be done;" it is the motto of ignorance and idleness. Suppose consumption never had been cured, that surely is no reason why it should not be attempted, and if one plan or remedy, or system of treatment

fails, common sense dictates "try another." But what is the infatuated practice of the times?—blistering and bleeding, and leeching and seatons and issues, have been tried, and failed for hundreds of years, men know it has failed, declare it incurable, and yet when they have once in five years a case, if they do any thing at all, it is to bleed and blister as before; it seems almost incredible, that rational men should pursue such a course, and at the same time abuse and decry and defame others who propose a different treatment; not only abuse them for endeavoring to find a better path, but even for asserting that it can be done at all. It really requires forbearance to write respecting such. It seems to me, that the wiser and more humane course would be, to be anxious for some mode of cure to be discovered, to give every countenance and encouragement to those who were attempting the discovery, and be delighted with every advance that was made. But the common practice is widely different. If a man in ten or twenty year's practice, acquires a skill in the use of a remedy which only years of practice can give, and publishes his success, the remedy and the mode of using it; in less than a month perhaps, he is set down and published as an ignorant pretender; and if he does not publish the remedy, he is called a quack or a charlatan, selfish, inhuman, and by other like epithets. Under such circumstances, a man who has any regard for public opinion, scarcely knows what to do. If he be a humane man. and has a remedy, he is desirous of publishing it to the world; but if he tells its name, it is laughed at as absurd, and if he does not tell the name, he is called a brute. The fact is, the medicines of a physician may be compared to the tools of a workman, efficacious in proportion as they are skilfully used. A good mechanic can make several neat articles of furniture with a single chisel, which a botch could not do with a whole chest of tools; and there are physicians who can cure half of the ordinary ailments with tartar emetic, or calomel, or quinine, while others with the whole materia medica fail in the simplest diseases. I have not the shadow of a doubt that many cases of decided consumption may have been perfectly cured by emetics; I believe there are other individual remedies which have accomplished the same thing, on the very same principle, that a finished workman can put one tool to a hundred good uses, that a mere apprentice would never dream of. A soldier handles a frail sword with more execution in battle, than a

butcher would with cleaver, axe and earbine. It is the genius and skill with which a remedy is used, that accomplishes the wonder, and hence it is, that not a month passes but what some simple remedy is proposed as having effected wonders in the hands of the writer, and in the very next month perhaps, this man and that and the other, writes that he has tried it without the slightest possible advantage, and forthwith the remedy dies for fifty or a hundred years. There is scarcely a single article on the apothecaries' shelf, that has not in a similar manner, had its day of glory and its death; and such will be the case, until men learn the application of remedies on principle, and not dictum. Every physician must know that there is scarcely an indication to be named, which may not be accomplished in more ways than one, perhaps a score of them, as there is in all men, more or less of idiosyncrasy, as to the remedial influences of any particular drug. The true mode then, of practising medicine with safety and success, is, first to ascertain the indication, and then to effect it in whatever way, and with whatever remedy the practitioner can most skillfully use.

In my practice in the treatment of consumption, the indications are

1. To equalize the circulation without reducing the strength for an instant.

2. To secure the free regular daily action of the chylipoietic viscera, without debilitating remedies.

3. To raise the general health and strength to the highest possible standard, and by these three, securing first, an arrest of the progress of the disease; second, an absorption of all foreign noxious matter in the lungs; and third, by approximating divided parts, hasten union by first intention.

Now there is no educated physician that lives, but will agree with me, that the three things named, are precisely what are wanted to be done in consumption, and that whoever, or whatever accomplishes these, effectually cures the disease. So far then, we agree; but here we differ—he says he cannot do it, nor can any body else. I say that I have done it; but as to what other people can do, or cannot do, is no particular business of mine. I believe not merely that any thing can be done that ought to be done, but that there are more ways than one of doing what ought to be effected, especially in reference to the points above named. And I certainly think that any observing, unprejudiced physician, who will make consumptive diseases his whole study for years, will succeed in arresting and curing many cases; the

greatest and almost the only serious draw back, being, that considering it incurable, men will not open their eyes to its existence in time ; just as a man will not admit he is a bankrupt until the officer turns the key on his door, and his estate is a perfect wreck.

Tubercles of themselves are not necessarily fatal, as is proven by their being found every day, in the lungs of old men, who had died of some other disease, and yet the lungs performed their functions properly to the last. To make tubercles fatal, there must be the application of some other cause ; and that is abnormal action of the capillaries, from the effects of a violent cold, or long continued ill health ; these not only cause tubercles to soften in persons born with them, but originate them in the lungs of those who never had them before. Continued ill health then originates tubercles in a few weeks, and in a few weeks more, causes them to soften, thus bringing on the last stage of the disease. When they are already in existence, a violent cold may bring about their softening in a very few days, hence one origin of what the common people call "galloping consumption ;" a person with weak general health, without any actual disease, or special complaint, gets "caught in a rain," or "sat in a draft of air," or "slept with the window up," or had "hooping-cough," or "the measles struck in," and in a few weeks is dead from true Phthisis, while another, of more robust health, remains perfectly uninjured by twenty times the exposure. To prevent then, arrest, or cure the disease, appliances of a constitutional character must be made, and without this, one step of progress towards renovation, never can be taken, and no mode of treatment can possibly be successful, except in proportion as it involves this principle of cure. These hints are thrown out for the benefit of medical men, that they may be induced to look at the subject in a different light, and by patient study, observation and trial, acquire such a skill in the employment of proper remedies, as will secure them the same success, which has attended the efforts of others. At the same time, I invite attention to a declaration of that great and remarkable man, Mr. Abernethy, "can consumption be cured ? that's a question which a man who had lived in a dissecting room, would laugh at. How many people do you examine who have lungs tubercular, which are otherwise sound ? What is consumption ? It is tubercle of the lungs—then if those tubercles are healed, and the lungs otherwise sound, the patient **MUST GET BETTER.**

But if the inquirer shift his ground and say 'it was the case I meant, of tubercles over the whole lungs,' why then he shifts his grounds to no purpose, for there is no case of any disease which, when it has proceeded to a certain extent, can be cured."

But after all, I scarcely expect a revolution on this great question to begin with physicians, especially leading ones, such as Professors in Medical Schools; they are already too strongly committed, and it is too humbling to confess to an error in opinion. We must look to the common people to begin the change. The following curious items, strung together by an anonymous writer, but beyond all doubt authentic, are apt illustrations of some of the sentiments just proposed, showing that leading men, not only do not begin reforms, but have in all ages of the world been its bitterest opposers, more especially in medicine: .

"Surgery once staunched the blood, by applying boiling pitch to a wounded artery. Ambrose Pare introduced the practice of tying the artery with a ligature; and for this, the Faculty hissed him to scorn, as one who would hang human life upon a thread.

Antimony, which was introduced by Paracelsus, as a medicine, and is now generally regarded as a potent remediate agent, was at first proscribed by the French Parliament, at the instigation of the College, and to prescribe it was made a penal offence.

Protestant England originally regarded Peruvian Bark as the invention of the Devil, because introduced by Jesuits.

Dr. Groenvelt, who, in 1693, discovered the curative virtues of cantharides in dropsy, was committed to Newgate by warrant of the President of the College of Physicians 'for prescribing cantharides internally.'

Lady Mary Montague, who introduced the practice of inoculation, was hooted at by the Doctors, and denounced from the pulpit by the Ministers, as presumptuously taking events out of the hands of Providence.

Jenner, the discoveror of Vaccination, one of the greatest benefactors of the human race, was run down by the Royal College of Physicians, at London, for what they chose to consider his monstrous quackery; and one Errham, of Frankfort, undertook to prove from the Holy Scriptures and the Fathers, that vaccination was the real Anti-Christ!

Harvey lost his practice at first, and was proscribed from the consultations of his fellow-physicians, because he pro-

claimed the circulation of the blood. They would not believe that a theory which had descended from the wise men of Greece and Rome, could be false."

What has been, will be again, and we must expect for years to come, that leading men in the community will be the most obstinate opposers of the doctrine, that consumption can be cured; and they, *with those whom they influence*, will be the last to derive any benefit from my principles of practice.

I do not desire to be understood as offering a specific for Phthisis; a mode of treatment, which will cure every case, in every stage of the disease; nor any given case, in any given stage. It is only imposters, who "never fail." I merely mean to say, that a very large number of those who are in the first stages of the disease can be permanently restored to health; and that persons in the last stage of the malady, have been sufficiently often saved by the general plan of treatment which I have adopted, as to make it well worth the trial. I wish to excite no extravagant expectations. It is a painful task, when the young and trusting come, with excited hopes from what I have done for their friends, to be compelled to say to them, through the distance of months, it may be, "my friend, you must die!" When the lungs are all gone, I propose no miracle; I offer no recreations; for there are certain combinations of symptoms, as connected with a particular temperament, or phase of constitution, which make death inevitably certain; and as I have elsewhere said, these sometimes present themselves long months before hand, and one who has seen them often, can never mistake them.

It was not designed, in the publication of these pages, to offer a recipe for the arrest and cure of consumption; but simply to give the reader a general idea of the nature and symptoms of the disease, that he might be able to perceive its coming at a great distance ahead, and wisely apply, without delay, for the proper means of health and life. I most sincerely deprecate the publication of "useful receipts" for the cure of any species of sickness or disease. Every intelligent physician will feel the truth of the expression when I say it is the cause of infinite ill. Rules, Recipes and Regulations, too numerous, for the prevention of diseases, cannot be published; the great misfortune is: that there are too few books on that most important subject, "The prevention of Disease," and the maintenance of a good

constitution. General Hygeienic principles ought to be made a fundamental part of the education of every girl in the land. The physical destiny of the child is moulded by the female, from the moment of birth, and even before, upwards. And who, that ever thought at all, is not impressed with a feeling of the all-controlling influence, which the physical has over the moral, the eternal destiny of man! My mother, and honored be the thought of her, has seven children, the youngest nearly grown; and although herself, of a delicate frame, those seven do not average an hour's sickness in a year; her three practical mottoes for their physical education were, "eat and sleep my children, whenever you want, and as much as you want, let your dress a little more than fully protect you from the weather at all seasons, and expose yourself to heat or cold, or over-fatigue, for nothing or nobody." These children, are scattered in different quarters of the globe, one of them, a world's wanderer, has been in every variety of latitude, from the tropics to the poles, has strayed alone over desolate and dreary places, at noon and at midnight, under burning sun and chilling rains, not sleeping once under a roof for three months together; lying on the ground at night, wading by day from ankle to waist in mud and water, blown up, captured at sea, shipwrecked, and yet not sick an hour; always ready for eating, sleeping, or a hearty laugh; and though repeatedly away from kith, kin and country, hundreds and thousands of miles, among people of a strange tongue, without a friend, without an acquaintance, without a dollar, without one single shilling, yet always high in health and hope, his spirits never for an hour flagged, never knew zero. The secret of all this, is good health; obtaining a good constitution, by avoiding all kinds of exposure when growing up; and taking care of it afterwards, by not exposing it uselessly or voluntarily. And I have found myself, that the best way of hardening a constitution, is, to take good care of it; it is no more bettered, by being banged about, than an old hat. If you want it to last long, treat it as you would an elegant garment, do not expose it to wind or weather, to surfeits of food or drink, of appetite or passion; and then, when the Saturday night of life comes round, it will look and feel "almost as well as new!"

But to return: we were speaking of the injurious effects of publishing "cures," for the multitude. One among many good reasons which will suggest themselves for discounte-

nancing it, is the liability to mistake the malady ; even skillful physicians, of forty years' practice, sometimes do this, and not unfrequently, a mistake is a murder ! To illustrate how easily one malady might be taken for another, I will give a case : A well dressed man called at my office to consult me for consumption. He had a troublesome cough ; yellow expectoration ; great debility ; considerable emaciation ; a weak pulse, of one hundred and twenty in a minute ; liable to cough and throw up his food ; shortness of breath ; easily fatigued in going up stairs, or up a hill ; difficulty of breathing ; stoop shoulders ; breast bent in, and contracted ; frequent night sweats ; bowels alternately constive and loose ; sleep restless ; appetite irregular ; sometimes felt well, and sometimes worse. In short, I never, in all my practice, had a case which presented together, so many of the decided symptoms of consumption. After a leisure examination, I came to the conclusion he was too consumptive ; that it was consumption exaggerated ; and must be something else, and consequently, refused to prescribe for him, telling him at the same time, that a consumptive's treatment would kill him in a month. He went away with a heavy heart, and with the most utterly "give up" expression of countenance, I remember to have seen. But he evidently did not believe me. He had been in good circumstances, and had a large family to support ; but having been sick, and unable to make any thing for two years, and on expenses all the time, he was almost reduced to actual want. These circumstances he had frankly communicated to me, as also his utter inability to pay me a single cent, for my trouble or remedies. He thought I turned him away because he was poor. I cordially invited him to call on me at any time, saying that I should be pleased to see him, and do him any good in my power ; but I never saw him afterwards.

The reader will doubtless want to know why I pronounced it clearly, not a case of consumption, and what became of the man. Within two months, he got as well as he ever was, and as far as I know, so continues, as I have not heard of him, since eight months after he was at my office. I perceived that the slightest mental shock, or the least bodily exertion, even rapid walking, almost took away his breath, and would cause him to sink with sheer weakness. The physician will at once name his malady, obstruction of one of the vital tubes : and so I pronounced it at the time ;

warning him, that he was in consequence, liable to die in any two minutes. A few weeks afterwards, "something went down the wrong way," and threw him into a most violent fit of coughing, which brought up a piece of limey substance, described to me, "as large as the end of the finger," and he got well.

There is another objection to persons who are sick, taking medicines, however harmless they are solely affirmed to be, unless by the direction of an educated, and experienced physician; there are stages, or conditions, in almost every disease, when the patient is no kind of a judge whether he is better or worse; consequently, while he is taking some unknown mixture, and fondly supposing that he is improving hourly, and imagines himself almost well, the disease may only be lulling for an instant, to gather fresh strength, to sweep its victim to the tomb! How many thousands are there, who have said of some particular day or hour, "I never felt better in my life," and the very next day or hour, are racked by disease, or dying or dead; and on the other hand, persons may feel worse than they ever felt before, and yet the physician be perfectly aware that it is the certain herald of immediate and permanent convalescence. I will give two or three cases of this kind, occurring in my own practice.

An American city physician, educated in Europe, of thirty-two years medical practice, brought his friend, whom he had been attending for some time, and requested my opinion of his case; and if I thought I could do him any good, to undertake it, provided such remedies were given, as could be approved of. "Doctor," said I, "I think I can be of some service to your friend, but he must implicitly follow every direction I give; and take every medicine I prescribe; but your approval, cannot be considered as a part of the prescription." Such directions were given, as the case seemed to require, and they left. Several days after, they returned; as soon as the door opened, I saw something was wrong; that they were both, not angry, but mad; and as several persons were in the office at the time, waiting for an examination, I requested them to step into an adjoining parlor, for a few moments, and when ready, called on them.

Any better?

"No, worse!"

On examination, I replied: You are better, very much better; to-morrow, you will feel convinced of it yourself;

if you are not, the amount paid me, is subject to your order.

I gave directions, and nothing more passed. The next day, they came to make an apology.

When that patient came to me, he could not descend from the carriage without support. Some ten months afterwards, I saw him walking the streets as other men, without even the aid of a cane; he had improved fifteen or twenty pounds in weight—was able to sit as a grand juror eight hours every day, and that without special inconvenience or fatigue.

An accomplished, and well made young woman, called on me for a lung affection. She had been attended by several physicians for some months, but the cough, expectoration, weakness, irregularity and pains, grew worse and worse. The assurance that I might do her some material benefit, was “news too good to be true, but would try it for a while, at all events.” In a short time, all pains left her. She became alarmed, lest they were lulled, but to break out with perhaps fatal violence, and thought of declining further treatment. I persuaded her to “wait a while and see.” She did so, and continued to improve. After some time however, she began to grow weaker, seemed to herself, to be worse than she ever had been before; felt all the time like lying down on the floor, and staying there; would as leave die as not; didn’t believe any good had been done her; was falling off every day, and ——— asmad people generally run out soon, if no reply is made, so my fair friend came forthwith to a stand still. I then handed her some prescriptions, which were preparing while she was talking, and opening the door said to her, if you do not improve in health and strength from this day forward, I will give you——. For a long time, I neither saw or heard of her, when one day she came into my office, bringing with her one of the prettiest young children I had lately seen. I was certainly very glad to see her looking so well, and inquired why she had not called to see me before.

“O I don’t know sir; there’s nothing the matter with me now, I feel well enough, and didn’t think it worth while to trouble you any more. I only called to-day to know how you were.”

Another case of an opposite character. A man who had several cavities in the lungs, with the most marked symptoms of the last stages of consumption, used the remedies, and rapidly improved; was soon able to walk about, and at

length believed himself out of all danger. He was warned that it was too soon to abandon the treatment, but to no purpose; he left the city, in a few months got worse, and being out of the reach of medical aid, only returned in time to die. On examining his lungs after death, I found all the smaller cavities perfectly healed with the most beautiful healthy cicatrices, the one large cavity was healed, and healing at the extremities with a scar, but an extensive portion about the centre was unhealed and full of matter. It must be apparent to the reader, that a little longer attention to the remedies, would have completed the cure. I consider this case, under the circumstances, one of the strongest that could possibly be offered, it is nothing less than a demonstrative evidence of the efficacy of the treatment, greatly stronger than if the man had perfectly recovered; for if he had recovered, it would have been declared "not consumption, but something else."

The three preceding cases are given, to show that the patient should not trust his own feelings as to the fact whether he is improving or not, or as to the propriety of remitting the use of the remedies prescribed. The physician's judgment should be relied on. If then the patient is not the proper judge of his own actual condition, but is liable, as the above cases conclusively show, to the most palpable deception, how most unwise is it, to rely upon his mere feelings, as to his improvement, while taking unknown compounds, or as to the safety of omitting the remedies prescribed, until his physician expressly authorizes the same.

I will here renew an intimation elsewhere given, in the hope that its repetition may attract the attention of those most deeply interested, and secure a practical application.

If any one member of a family, a child or parent for example, has died of consumption, the appearance of the slightest symptoms of the disease in any of the other members, should be regarded with lively apprehension, and serious alarm; and instant measures should be taken for its utter eradication, and the prevention of its return; not perhaps by taking medicine, but by the prudent adoption of such prophylactic measures, as experience and the circumstances of the case may indicate. Many a child of promise, perhaps the last of a numerous family, could thus be easily saved. It is most unwise to delay until there is absolute certainty that it is consumption, and can be nothing else. In a consumptive family, almost any symptom of debilita-

ting disease, of three weeks duration, means consumption begun, and should at once be treated as such; not by a blind and credulous resort to the use of unknown mixtures, but by seeking advice from a careful and experienced physician.

Consumption of the lungs is a disease becoming so common, especially in the South and South-West, that I conceive medical men are loudly called upon to direct their attention to the special study of its nature, its causes, its prevention and its cure. Unless there is a check presented to its progress in some way, it will soon be impossible to find in a thousand persons one well developed man or woman. We will become, as a nation, a puny breed of Lilliputs. It is a great mistake, that the South is favorable to consumptive constitutions; the climate is too wet, damp and foggy; it is too debilitating; and I had almost said, too cold, for the universal dampness of the atmosphere, continued more or less, throughout the twenty-four hours, abstracts more vital heat from the system, than a temperature many degrees lower, without imparting the bracing and life giving influences of a clear, dry, still and frosty locality; and if he leaves home at all, to such a place, a consumptive should repair. Caution has already been given about leaving home; and if it needs corroboration, I cannot do better than quote the sentiments of one of the most honored of British physicians now living, who says, in writing of the effects of the atmosphere on the lungs, that the advantage of breathing warm air, in consumption, is very much overrated, as it runs its course rapidly in Italy or any warmer climate; such also, is the experience of Andral and others; that a deception has arisen, in consequence of persons not really consumptive, having been sent to warm climates, who from the comparatively trifling nature of their ailment, have returned cured, or at least not worse. In some of these cases, erroneously called consumption, the progress of the disease is said to have been checked by the influence of the milder climate; this popular prejudice has still, however, a strong hold on the minds of men. But for all that, it is generally unnecessary, and worse than useless, to send patients away from their friends, and often at an enormous inconvenience. "If they are consumptive, they will thus die in exile; and if not, they may be cured at home." Of this, there are many marble records in the West Indies, Madeira, Leghorn, the South of France and Paris. Dr. Chavasse very pertinently asks, can any thing be more absurd or cruel? If there be

any disease that requires the comforts of home and good nursing, more than another, it is consumption.

While my plan of treatment calls into requisition those aids, which only home can afford, it does not require in most instances my personal supervision, as the cases which have already been given, fully prove. It is very true, that a visit to me for a few days is preferable ; but in a number of cases it is useless, and in others entirely unnecessary. I will give a case where benefit has been derived without a visit, by merely writing. There is no miracle about it, nothing very remarkable, I merely present it as an ordinary case of benefit derived by written prescriptions. A distinguished lawyer, a thousand miles away, writes May 10th. "Age 30; married; three children, mother, sister, uncle, aunt, died of consumption; caught cold several years ago, followed by a severe cough; continued to the present time; a few months ago, had spitting of blood; it came mixed with phlegm at first, but in a day or two I coughed up three or four mouthfuls of pure blood, and have had a return of it; fixed pain along the breast bone; threw up phlegm every day. Stools costive; have a narrow chest; walking fast or far, wearies me more than formerly; pains in the side, breast, under the ribs, and between the shoulders, appetite irregular, soreness in the lungs, &c. Respectfully yours, N. E. S.

I prescribed for him, and in a few weeks he writes :

DEAR DR:—My expectoration is easier ; I have been relieved of the pain in my breast, there is however a remnant left; my lungs are not so sore; my bowels are regular without medicine; I have had no return of spitting of blood; no night sweats, or cough in the night at all. I am a little nervous at times, but on the whole I think I am improving.

I am very truly, your friend, N. E. S.

Although prescriptions may be safely and advantageously made, without my ever having seen the patient, and although, as a general rule, it may be best to write first, yet, if a man has plenty of money and leisure, it is strongly recommended to visit me at once, without the delay of a single hour unnecessarily, as the excitement of travel, the change of air and scene, and other circumstances, will benefit both body and mind, and in a few days he can return to his friends, and in the bosom of his family, enter upon the adoption of those measures which offer the most rational promise of a safe and permanent restoration to former health.

The general prejudice which exists in the minds of the community against the disease being cured at all, will hinder many from making application for relief; others will hesitate, not because they consider their case hopeless; nor because of the expense, for that would be accounted as nothing in the scale, if health could be regained, but from the fear that this new mode of treatment is only one of the thousand preceding it, which have been held up in their turn as perfectly successful, after all other means had utterly failed. I know there is ground for the objection, and can only reply in relation to it, that it is one of the evils of the times, and the reader must decide for himself; the question is life, and the responsibility must be all his own.

It was not until I had saved several valuable lives, that I could be persuaded myself, that consumption could be cured at all; but as several years have passed away, and those persons are still living and doing well, notwithstanding that at the time they applied to me, their condition was considered desperate by all around them, and they were not expected to live beyond a few days, I am compelled to think that much more can be done in the way of removing, certainly, effectually and permanently, consumptive symptoms, than one educated physician in a thousand believes. And now, leaving pecuniary considerations out of view, I have been induced to publish, thinking that if thereby, the attention of a single individual could be drawn to the subject, who otherwise would not have heard of my mode of treatment, and such an one should be restored to life and health and friends again, I would be doing that person more good, than any risk of caste among the faculty by advertising, can do me harm. And since I turn all away whose lungs are not effected or threatened, and devote my whole attention to these exclusively, even were I to save only one in ten of such, I think I add a larger share of happiness to the world, than those who abandon them as hopelessly gone, make no effort to save, and worse than all, send them away from home and all its endearments, to die unwept among strangers, and be laid in an unvisited tomb, not where the bones of their fathers lie.

I have repeatedly turned persons away, because I did not think I could save them, and was unwilling to receive money without a reasonable prospect of conferring a corresponding benefit. I fear that some of these have died, who might have been saved, as I have several times since, undertaken as a charity, and with success, cases which appeared to be equally

hopeless. Perhaps a more correct view of the value of human life, as well as proper considerations of humanity, dictate a different course, and require at least an effort to save, however hopeless the prospect; and I have found, that a refusal to attempt any thing, has induced a feeling of utter helplessness and despair, and cut short a life, which might have been protracted for months. In all such cases too, the feelings of the patient are deeply wounded, for he cannot but lay it to the account of "man's inhumanity to man." There exists also in most of men, a jealousy of reputation; and in my own practice, while success in any case is credited to the account of its being "something else," a failure, is allowed its utmost weight; no one enquiring how desperate the case; and even if death followed the next hour, still it is bruited as a failure. Perhaps the fear of these things, has led me to refuse, when I might have saved. I therefore purpose hereafter to endeavor in all cases to do what I can, even if it is but to alleviate, and shall feel myself rewarded, even if but occasionally, I thereby originate in the hearts of others, feelings similar to those which dictated the two following letters; one of the cases proving fatal within four days after being called in.

FROM A PHYSICIAN.

SIR—Yours was received. The information you gave in relation to the particulars of the illness of our dear relative, was gratifying indeed, and in behalf of his wife, as well as for myself, I return you sincere thanks for your kindness to Mr. N. during his last illness; and also for your attention in sending us the information which your letter contained. Hoping that these lines will find you enjoying health and happiness, allow me in conclusion, to renew the expression of thanks and obligations, for the kindness which you have shown both to the dead and the living.

Respectfully Yours.

ANOTHER.

MY DEAR SIR—Permit me to make to you, the only return in my power, for your kind attentions and great solicitude for my son. My wife and daughter join me in saying, that if it is out of our power to pay in person, the debt of gratitude we owe you in this world, our constant desire shall be, that you may be rewarded here and hereafter.

Believe me to be truly, your obedient servant.

This last, refers to the case of a young gentleman, of great moral worth, and of brilliant prospects, who applied to me, far away from friends; sick and sinking; dispirited and broken hearted; when all that could be done, was to endeavor in some small degree to act as the substitute for the loved at home; when all that was expected, was to regain strength enough to "go back home and die."

When life cannot be saved, and only a few days more remain to bear its buffetings, when all that is possible, is by those expedients which long experience only can command, to alleviate distresses which cannot be avoided, and subdue those terrible sufferings which cluster around the closing scene, and by a hundred little kindnesses, endeavor to mingle a few drops of sweetness in the last bitter dregs of death—then it is, that the smallest attentions are worth more than all worlds, to the stranger sufferer.

The following case merits the mature and serious deliberation of every invalid: An interesting young lady, just in the dawn of womanhood, was pronounced by her family physician, an educated city practitioner, "a hopeless consumptive, and could not live." She proposed visiting me. He objected, saying that no one could cure her. These deliberations continued for some two months; during which time, he administered very diligently, cod liver oil, on the faith of a recent recommendation from across the water; having, however, no experience as to its use, or effects. She daily became weaker and worse, and wrote to me, among other things: "If you think Doctor, that the prospect of getting well under your directions will be fairer, I will come, for life is so sweet to me, I wish to improve all the chances."

She came to the city, but her weakness was such, that she did not attempt to walk two squares to my office. The following symptoms were presented: Pulse 120; very frequent pains between the shoulders; great sense of weakness in the breast, with wandering pains; general chilliness; afternoon hectic; great deal of burning in the hands and feet; bad appetite; very loose bowels; sleep restless and unrefreshing; great difficulty in breathing, especially during the daily fevers; cough very annoying, causing frequent nausea and vomiting; yellow expectoration; had spit blood; frequent and exhausting high sweats; had become emaciated; occasioned by taking cold from riding in the rain, two years before. The most distressing symptoms were cough and fevers, every day. The general features of the case were too hopeless for me to give

any assurance of restoration. Still, I thought proper to prescribe; and as it was inconvenient for her to remain in town, I communicated my views to her physician, with a request, that he would superintend the case, as it was of so critical a nature, as to require almost hourly supervision; and in four or five weeks, received from the young lady, the following letter :

DEAR SIR—I received yours, dated the 1st inst., on yesterday. I think if you were to see me now, you would scarcely recognise your long faced patient, I have improved so fast, in such a short time; and if I continue at this rate, I almost know, I shall get well. I have really gained flesh; every one tells me of the improvement; I know it myself, and of course am the best judge of my feelings. I feel like another person altogether; and even should I get worse, I know I am a great deal better now, than when you first saw me. I follow your directions implicitly in every thing; and particularly, I will not suffer myself to get the blues. I used to have them “terribly bad.” But one cause was, that my physician was as blue as I was; and never gave me the least encouragement, but altogether the reverse; and you know it was hardly possible to be cheerful under those circumstances, although I was naturally of a lively disposition. On my return, he refused to attend me, or mix any medicine for me; and what do you think was his apology? why, that “if it did not have the desired effect, people would say he put something in to prevent its having the influence it should have had; and that he did not wish to take any responsibility on himself, for if I should get well, he would have none of the credit of curing me.” I designed spending the winter in the South, but as you do not approve of it, I have abandoned the idea. I talk at “rail road speed” I assure you, for since I come back, I have so many questions to answer; for all are very inquisitive about your manner of treating my case. The reason I asked you about talking much, was, that a physician told me since I came back, that it was injurious to me, and that I talked entirely too much. But I intend to follow your advice, for that suits me best. Please write to me: Your Friend.

ANNA.

Most sincerely will the reader desire with me, that the fondest wishes of this amiable and lovely correspondent may be realized; and that when the time for removal hence does come, she may be a flower transplanted in the gardens of Paradise, where the fragrance fails not, and the bloom is

eternal ! I have not in the preceding pages made use of cases cured by me, which were supposed by others to be consumption, but which I knew were not. I desire no aid but that which fairly belongs to me. A case :

Several years ago, Miss M. called at my office, firmly believing herself to be in a decline; a wide and devoted circle of friends, were under the same apprehensions. She was of an elegant figure, and well proportioned; long dark hair, and black eyes; her cheeks were thin, her lips colorless, and her features sharp. She complained chiefly of pains about the shoulders, and in the sides; great general chilliness; cold hands and feet; flushing in the cheek; great torpidity of the digestive functions; restlessness at night; occasional burning in the palms and soles; cough troublesome; expectoration tough, and hard to come up; subject to frequent bleedings. Several relatives, both on the father and mother's side, had died of consumption. On examination it was at once apparent, that however unfavorable were the symptoms, the lungs performed their functions healthily, and were unaffected by disease. But I could not get her to believe it, and had to treat her case. In due season, I dismissed her, as not requiring farther treatment. One week ago to-day, she called on me, after a year's interval, and assured me, that her health continued to improve; that it was now better than it had been for years; that she had no occasion for medicine of any description; and the freshness of her looks, the brightness of her eyes, and the liveliness and elasticity observed in all her bodily movements, were sufficient corroborations of the truth of her statements, if indeed, the words of one so young, so innocent, so loveable, needed confirmation.

A clergyman once came into my office, up one pair of stairs, panting as would an ordinary man after running a mile. His case appeared desperate; but it was thought better to attempt something, as he seemed to be much in request and loved his work. I wrote an opinion of his case, with directions, and he left. About eleven o'clock at night, a gentleman called on me to say,—that one expression in my opinion had been interpreted by the minister very unfavorably, and the more he thought of it, the more nervous he became, until he could neither sit, lie or stand still, nor do any thing else two minutes at a time. I quieted the apprehensions. In a month, a stranger called upon me, and to my surprise, it was the minister; but so improved, that I did not know him, having seen him but twice before. He felt him-

self authorised to lay out his winter's campaign. After an explanation, I told him it would not do. He seemed to think that there was so much need for preaching, that he could not see how it was possible to spend several months in exclusive efforts to get perfectly restored. I urged upon him, that I did not think it probable that the Almighty was so pressed for means to advance religion, as to require any man's life; or even to risk his health; that a man's wife and children had prior claims to the church; that he was probably among those who were saying "IT IS CORBAN;" that by properly husbanding a few months now, it might add several years to his life; and thus as a matter of economy to the church, he was called upon to alter his plan; that a good Being could never approve of a man's injury or even exposing his health for the sake of doing good, and that a sick man could not serve God, or do any thing else as advantageously, as if in health. He thought however, he would get well any how. I told him he would die before the winter was over; and so he did.

Many useful men reason as this poor man did, and with similar results. Thousands of young men at College, act on the same principles; and when they have spent all their patrimony, with the best years of their existence, in preparation for their work, they enter on the wide outspreading and inviting field, but wither in death, long before the heat of the day comes on.

In the cases previously given, only those combinations of symptoms were presented, which existed at one particular time; it may be useful to give the ordinary history of a case of consumption from the commencement to the close. A description given by Dr. Weatherhead, of London, a man of deserved celebrity, will answer the purpose, as I think it hardly probable, that a more truthful one can be written.

Consumption very commonly begins as a cold, yet it often happens that patients are unable to attribute its origin to any precise period, or any particular circumstance, whatever. One of the first symptoms is the extreme liability of the patient to the frequent recurrence of a short dry cough, on the slightest occasions. At first there is no expectoration, except perhaps a little frothy phlegm. The breathing is slightly impeded, a sense of tightness is felt across the chest, and the pulse is somewhat accelerated. If the cough becomes more troublesome on every successive attack, we have strong reason to conclude, especially if the disease be hereditary,

that these apparently slight attacks of cold, are in fact, the incipient symptoms of consumption. The disease may go on in this way for some time, without making much apparent progress—but it ought not to be neglected—for while it may sometimes be protracted for years, it will at others run through all its stages in the course of a very few weeks. As the disease progresses, the cough becomes more troublesome, especially at night or in the morning. The expectoration increases in quantity, and alters its character by degrees, becomes more protracted, tough and less clear, frequently streaked with blood, and finally assumes a greenish matter-like appearance. Emaciation, and difficulty of breathing increase with the languor and debility. The cough is now no longer short and hicking, but strong and violent, because the inflammation of the lining membrane of the lungs pervades the whole extent of the air tubes. But the part where the greatest uneasiness is felt, is from the top of the breast bone upwards, along the throat. Sometimes blood is spit in abundance. Pain is felt under the breast bone—increased by coughing or lying on one side. Sometimes there is no pain, only an inability to lie on the affected side. The pulse gets full, hard and frequent; the palms and soles have a burning heat; fever comes on in the afternoon, and soon assumes a hectic character. The urine deposits a copious red sediment, on standing, yet the tongue may continue clear and the appetite good.

But as the disease advances, the inroads it makes on the constitution, become every day more apparent, the eye assumes a pearly lustre and sinks deep into the head, the cheeks are hollow and their bones prominent. As the substance of the lungs is expectorated, the chest falls in. There is now a flush on the cheek in the afternoon, and after a feverish, restless night, profuse perspirations break out towards morning, when the exhausted patient usually falls to sleep. Soreness of the bowels comes on, the hair falls off, the nails become curved, the extremities become cold, the pulse ceases to beat, and death ends the scene.

I began with the intention of preparing some thirty pages, and perhaps in exceeding it so far, I have written more than will be read; for many there are, who, if they can only be cured, do not care to know any thing else. But I desire the invalid reader to notice the few following statements: That no one symptom constitutes consumption; and that there is no one symptom which may not be absent, and consumption

still exist; that it is scarcely possible to find any one case, that in every particular, will precisely answer to his own; that there is in the minds of all, in reading any description of the disease, a remarkable disposition to fix an eager eye upon any one named symptom, which they do not possess; and if in any six named symptoms, they have five, but the sixth is clearly absent, to settle down in the firm conviction that they have not consumption. It is utterly impossible for any man, however well informed, to be a proper judge of the fact, whether he has consumption in his own person or not, unless it be in the very last stages of the malady, and simply because that there is no one symptom cognizable to his own senses, which infallibly determines its presence; nor can any other man determine it for him, unless he be a practised percusionist and auscultator; and there can be no question, that many die every year, in consequence of being ignorantly pronounced upon. How many thereby are tortured with causeless fears? how many lulled in deceitful security, and become not conscious of their error, until they knock for entrance at the gate of death!

On page twenty-three, the ten last cases were all saved, and are still living.

In conclusion, from the great unwillingness of men to admit that they have consumption, and from the very general belief that it cannot be cured, it cannot be otherwise, but that the sentiments advocated will gain a tardy admission to the credence of men, and to the better informed, last; yet I have observed so frequently and in such various ways the strikingly beneficial effects of the general plan of treatment that I feel well assured that if but one tenth of the evidence which I possess of its efficacy could be presented to the community in its fair and unexaggerated light it would excite a confidence which would gladden every bosom, and fill every heart with gratitude, for who, by this disease, has not lost a friend? and who can boast exemption from it?

Since the preceding pages were printed, the following letter in *part*, has appeared, written by a correspondent of a New York paper, and doubtless will command wide attention. The writer recommends Carthagera, a city containing a population of 30,000.

MATANZAS, AUGUST 28, 1845.

Important Suggestions to Invalids—Is Cuba the place for Consumption?—Let us see.

The great migration of individuals from the United States to this Island yearly, whose delicate state of health obliges them to seek more genial climes than their native land offers during the winter season, and the persuasion under which I labor of being of service to suffering humanity, and the instrument, perhaps, of snatching from eternity many of my fellow-creatures, has determined me to offer to them and you, the following remarks on a subject which has frequently struck me forcibly since my residence in this island, which no other motive but philanthropy induces, and which consequently will, I trust, find room in a corner of your valuable paper, the object being, I hope, a sufficient recommendation, though set forth in familiar language and unaccompanied by any personal knowledge of their author.

I have opened this article by allusion to the fact that a great number of persons annually visit Cuba in hopes of finding a cure in its comparatively mild climate, for the pulmonary diseases under which they all suffer more or less, or otherwise to pass a season of the year, which, did they remain at home, would cause imminent risk to their lives. Many, it is true, find alleviation in these visits, and some, but alas! of this number very few, ever return to their desponding family and friends. But though this climate, compared with the winter of the North, is of course mild, it possesses unfortunately qualities which make it far from being a desirable abode for invalids: namely, the raw, penetrating, cutting, cold Northerners, and the general humidity of the atmosphere—qualities, which but for the rare cases of effected cures, and the hope which never deserts humanity of prolonged life, joined to the proximity of this Island to the United States, and the having friends or acquaintances, or the facility of making them in almost all its large cities, would, I am convinced, deter the multitude from venturing. The tide, however, running this way, (a consequence of the above cir-

cumstances,) and no other spot having been, to my knowledge, pointed out for the salvation of the worn out invalid, none other is now ever thought of; though the undeniable and melancholy fact that hundreds, nay thousands, of the natives of Cuba, annually succumb to the fatal disease of consumption in all its ramifications, and that it is the nightmare which haunts all classes, were it, perhaps, known on the other side, would detract much from the confidence with which lost health is sought after here, and speaks volumes in favor of my object. But I am not so cruel as to dissipate the illusion which constitutes that confidence, without indicating where it may be revived in a tenfold degree, and I most unhesitatingly give it as my intimate conviction, that whoever will hearken to my advice, founded not on medicine, but on physical facts which I have closely observed, and from which I have drawn my conclusions, having the great book of nature for my master, will bless the memory of him on whose suggestions he acted.

TERMS OF TREATMENT.

For the convenience of such as may apply to me, the terms of treatment are here distinctly stated; there are no extras, and no deductions.

For examination and opinion of a case, 'Twenty Dollars.

For prescription and remedies for two weeks, 'Ten Dollars in addition, paid at the time of examination.

The majority of cases do not require special attention for a longer time; then, the only additional expense is for remedies which may be needed after that, in no case amounting to two dollars a week, generally not one.

If by reason of the critical condition of a person, or complication with other diseases, a longer special attention is needed, the charge is the balance of a hundred dollars for the remainder of five weeks, from the day of examination, remedies included.

Persons who apply to me by letter, or who remain with me but a few days, may consult me by letter for three months, if needed, for 'Thirty Dollars; any remedies needed after the first two weeks, additional.

If I am requested to visit a person within the limits of town, there is an additional charge of Five Dollars for the first visit, and 'Two Dollars for every subsequent visit, especially desired.

For visits which I appoint to make myself, or make without solicitation, I never charge any thing, as there are cases which I consider it to be my own advantage, to see several times during the twenty-four hours.

All charges must be paid in the office. I neither receive or pay visits on Sundays, except in cases of emergency. Nor are any visits paid out of the office, except under peculiar circumstances.

Post-paid letters are answered the day on which they are received, when any answer is necessary.

Any person writing to me for the first time, desiring an answer, must accompany the same with Five Dollars, free of postage.


I leave New Orleans for Cincinnati, on the tenth day of May; and leave Cincinnati for New Orleans, on the first day of November, of each year. My office being closed the day previous, I am thus particular in stating the times of my departure, as persons have come hundreds of miles at great inconvenience, and expense of time and money, in


the expectation that I might not leave on the day named, but were, as others will be, disappointed.


My office in New Orleans, as for several years past, is at No. 127 Canal street, corner of Baronne street; entrance No. 2 Baronne street, opposite the State House; and is open every day, except on Sundays, from Nine o'clock in the Morning, until Three in the Afternoon, ONLY.

My office in Cincinnati, is in Vine street, corner of Baker, between Third and Fourth streets, opposite Shires' Gardens; and is open daily, except on Sundays, from Eight o'clock in the Morning, until Two in the Afternoon, ONLY.

In case of removal to another part of either city, my residence may be known by consulting the Weekly Picayune, or Daily Bulletin, New Orleans; and the Cincinnati Advertiser, or Gazette.

 The Printer, in behalf of the Author who is several hundred miles from the publication office, requests the reader to excuse and correct any observed errors.

 The Postage on this for any distance is THREE AND A HALF CENTS.

 As it is sometimes of great importance that letters should promptly come to hand, persons are requested to address "Dr. Hall, H. 63, New Orleans, or Cincinnati," as I have a private box at each place, and the respective Postmasters are familiar with my address. The commonness of the name and similarity of initials, make this precaution necessary.


 Sold at the Journal Office, Pittsburgh; ROBINSON & JONES,' 109 Main street, Cincinnati; 127 Canal street, and Post Office Buildings, New Orleans.

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